

FOOD for THOUGHT

URBAN TILTH : NEWSLETTER | APRIL 2016



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TEAM TILTH: We did it!



63 brave souls joined Team Tilth for the 2016 Oakland Running Festival Team and ran to support all of Urban Tilth's programs and our mission to create a more healthy, sustainable and just food system.

TOGETHER we raised \$21,700 for Urban Tilth!

And after 3 months of training, our team showed up strong and beautiful on race day! Everyone who came finished their race and had a ton of fun doing it...

Just a few highlights:

- **Jen** and **Princess** both completed the 5k with a Baby on Board! Princess was just a week away from her delivery day!
- **Melvin** completed his 1/2 Marathon in **JEANS** (lol) and made an amazing time!

- But **Todd** definitely had the best starburst running tights we've ever seen!
- **Najari** decided to run the 1/2 marathon instead of the 5k on a whim and actually completed his race!
- The **Hugging Slugs Relay Team** definitely had the best name and ran their relay beautifully!
- And our **Food Justice and Healthy Equity Relay Teams** headed by **Sequoia** and **Gabino** made beautiful handoffs throughout the race!
- The **Pt Richmond Women** ran and walked a strong 1/2 marathon after throwing the best fundraising jazz and dinner party ever!
- **Victoria** ran an amazing full 26 mile marathon!
- Our board members **Blanca, Eli, Navina, Kaylie** (and her mom) and **Jen** all ran this year, some for the 1st time. Their early support really helped us gain momentum to meet our goal.
- **Mrs Meza** of Verde Elementary Garden and **Maria** of the 1st and Market Garden brought their passion for North Richmond to the Oakland Running Festival and completed their 1st 5k!
- And our 1st timers **Yenny, Yennel** (our youngest runner) and **Rudy** showed us how a family grows strong and healthy together.



Yup 1/2 Marathon in JEANS :P



With 63 Team Members, 4 relay teams we can't capture every moment but we can share some images from race day here:

2016 TEAM TILTH PHOTO ALBUM

THANK YOU to all of our 439 Donors!

There is no way TEAM TILTH 2016 could have reached our fundraising goals without your support and generosity.

THANKS to EVERYONE who supported this effort this year, all of our Race Day volunteers, the families and friends who supported our runners as they trained, the generous folks who came out to support, donate food and our supplies or their time to the Pt Richmond Dinner & Jazz fundraiser.

It's corny to say it 'takes a village', but it actually does.

With such immense gratitude, THANK YOU!

*Training and sign-up begin in December 2016....
Maybe we will run with you next year?*

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News from the Gardens & Farms:

Spring is Here!

Richmond High Urban Agriculture Institute

With Spring comes the bounty of our winter labor, spring carrots! We were able to cook up a bunch of these carrots, combined with our blue curled leaf kale, into a delicious kale salad during our Friday cooking sessions last week!

In the classroom we are guiding students through a Plant Identification unit revolving around a number of the native and invasive plants growing around our garden. Last week we explored the beauty and generosity of *Ceanothus* sp. or wild lilac (my personal favorite California native) and of course the celebrity sticky monkey flower, *Mimulus aurantiacus*.

As the sun continues to rise and shine longer/brighter we are gradually shifting our gardening efforts towards the preparation of a summer garden!

For more information contact: **Adam Boisvert**



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Easter Egg Hunt in the Garden

Verde Partnership Garden

Our annual Easter Egg Hunt took place with four different Verde Elementary School classes. Parents and volunteers came out before hand and helped us scatter and hide the eggs, and then it was off to find plastic eggs with carrots and celery sticks inside them ;)



The Verde Partnership

Garden also got some help this month from Common Vision and the Urban Tilth's Watershed Apprentice Technicians. A team of Common Vision(ers) helped lay down weed cloth and re-mulch the garden pathways- huge; not to mention their quarterly tree care visit which includes weeding around trees and adding amendments. The Urban Tilth Watershed Team put in a bio-swale (with native plants they propagated) near the resurrected habitat zone in the South-east corner of the garden, which also includes a small pond now! Next steps are to create a mini-watershed model around the bio-swale- stay tune for mini-watershed curriculum and more....

For more information contact: [Luis Chavez](#)

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Creating a Living Watershed Model

Basins of Relations: Watershed Restoration Program

Our 'Basins of Relations' Watershed Stewardship Crew developed a partnership

with Luis Chavez and the Verde Partnership Garden to help share some of our apprentices' knowledge with the students at Verde Elementary.

In March, we scoped out the site and developed a plan for the area that will help teach students about native ecology and the interconnectedness of human and 'natural' communities within our watershed.

Towards the end of the month we began putting this plan into action: we started building a demonstration bioswale, with much more (watershed model, educational signage, hopefully an aquaponics feature) to come!



Our 'Basins of Relations' Watershed Stewardship Crew is also formalizing an exciting new partnership with YES Families to co-lead community engagement events that emphasize engagement with natural spaces within our communities.

To this end, we organized and led an Easter Egg Hunt and Creek Appreciation Day on 3/19, in partnership with YES. The event was really successful: we had about 25 community members come out; everyone had fun, learned a little about the creek, and ate good food!



For more information contact: **Nathan Bickart** and **Princess Robinson**

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1st Garden Party a HUGE Success!

1st & Market Garden

After being rained out, we finally had our first Garden Party at the 1st Street Community garden. We had 25 volunteers plant spring crops, medicinal plants, weed whack, sheet mulch, cover crop, and add compost to beds.



At the end of our time together volunteers harvested chard, strawberry mint, and chocolate mint to make delicious tea at home.

For more information contact: [Tania Pulido](#)

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Celebrating a Leader's Passing & Helping to Nurture New Leaders

Greenway Gardens

In March on the Greenway we had the honor of hosting close to 200 volunteers!

We celebrated the life and work of Activist and movement leader Grace Lee Boggs of

Detroit Michigan. Urban Tilth partnered with Movement Generation to bring out over 100 supporters, community members, volunteers and visitors from Detroit to the Edible Forest on the Richmond Greenway. We celebrated together and honored Grace with good hands in the dirt work including weeding and planting out our raised beds with vegetable seeds to grow food for our local community.

We also had a couple of volunteer days giving the youth from our community an opportunity to give back Including hosting 50 high school students, who for our 'Love Your Block initiative' Project and to celebrate Global Youth Day of Service came out to

help continue to transform the Edible Forest site, with tons of sheet mulching and weeding and trash removal, the Greenway is looking great!



There will be many more opportunities to lend your service, support, love and energy to the Richmond Greenway.

* Join us Every 2nd Saturday at 16th Street and 6th Street to continue to develop, maintain and build community on the Greenway from 10am - 2pm.

For more information contact: [Sherman Dean](#)

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Help NAME the new North Richmond Farm!

It's time to find a REAL, strong and beautiful name for the new "North Richmond Farm".

During March and April 2016, Urban Tilth will be asking our community to help name the North Richmond Farm!

Do you have an idea of what the name should be?

Learn more about [Movement Generation Justice and Ecology Project](#)

Learn more about [Occidental Arts and Ecology Center](#)

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Grow with us!

VOLUNTEER

2nd Saturday LOVE OUR GREENWAY DAY

Let's continue to make our Greenway the jewel of Richmond!



Saturday, April 9th
10am - 1pm

* Multiple locations along the Richmond Greenway
(see below for details)

Volunteer Projects will be hosted at the following locations on the Greenway:

- 2nd Street - TRAIL CLEAN-UP (Rich City Rides)
- 6th Street Community Gardens (Urban Tilth)
- 7th Street (The Watershed Project)
- 16th street Edible Forest (Urban Tilth)

We will provide the rakes, brooms, shovels and tools. All you need to bring is your energy, family and friends. Please dress in layers. wear sturdy shoes and bring a water bottle. Children welcome if accompanied by an adult.

* Visit our [Facebook Event](#) for updates...

Let's CELEBRATE our Greenway by showing it some love!

For more information contact, or to RSVP if you are coming with a group of 5 or more people:

- Sherman Dean, sherman@urbantilth.org

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AdamsCrest Farm Volunteer Day

PLANTING SEASON IS ON!

Join us at AdamsCrest Farm the 3rd Saturday of every month, help grow healthy fresh veggies for our community!

AdamsCrest Farm
5000 Patterson Circle
Richmond Ca

Every 3rd Saturday
April 16, 2016
10:00am - 1:00pm

Lend a hand, make a
difference ♥



For more information please contact doria@urbantilth.org

* Visit our [Facebook Event](#) for updates...

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RHS Urban Agriculture Institute Volunteer Day

Come through and volunteer with Urban Tilth @ Richmond High School's Urban Ag. Gardens every first Saturday 10am - 1pm!

Saturday, May 7th
10:00am - 1:00pm
Richmond High Garden
(next to tennis courts)

Hope to see you Saturday!
- Mr. B

For more information contact **Adam Boisvert**



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Community Garden Party at the 1st & Market Garden North Richmond, CA

Join Tania and Maria for our March Garden Tea Party!

Saturday, May 7th
10am - 12pm
1st & Market St
North Richmond, CA 94801

The 1st Street Community Garden crew has been gearing up for spring. Cover cropping, pruning, mulching, and seeding for the spring. Garden parties will begin in February with a tea party!

We will be top dressing plants for a strong start in spring, and sheet mulch to keep the weeds away. Transplanting into beds, and sharing plant stories of healing.

In light of recent community violence we will be making a special tea for the heart.

For more information contact **Tania Pulido**

Community Garden Parties

Location: 1880 1st Street, Richmond, 94801
Time: 10:00-12:00pm

March 6th Tea Party	May 7th Mother's Day in the Garden
April 3rd Spring Party	June 5th Garden Celebration

Urban Tillth Project contact Tania Pulido (510) 253-9221 tania@urbantillth.org

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UPCOMING EVENTS

CELEBRATE Earth Day and Green Festival North Richmond

The 6th Annual North Richmond Green Festival and Earth Day Celebration is coming!

Saturday, April 23rd
9am - 2pm

- * Verde Elementary
- * Verde Partnership Garden
- * Wildcat Creek
- * North Richmond Ball Field

In addition to numerous free activities and food, we'll all chip in to clean Wildcat Creek.

For more information, call Carla Orozco at 510.776.7568



6th Annual North Richmond Green Festival & Earth Day Celebration

Saturday, April 23, 2016
Festival: 10:00am-2:00pm
Volunteer: 9:00am-11:00am

Celebrate Community Health!

What: Clean-up of Wildcat Creek and Garden Projects for volunteers to participate in from 9:00am-11:00am (First 30 volunteers receive free t-shirts!)

Where: Volunteers report to 2000 Giaramita St. (Verde Elementary School) for registration, tools, and assignments

Questions: Contact Sequoia Erasmus at 525-313-6764

What: Festival and Celebration with free food, live music, juggling, zoo, art, eco activities, farmers market, and much more... Open 10:00am-2:00pm

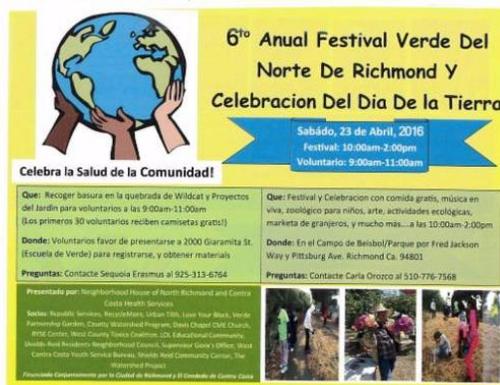
Where: At the Ball Field/Park on Fred Jackson Way and Pittsburg Ave. Richmond Ca. 94801

Questions: Contact Carla Orozco at 510-776-7568

Presented by: Neighborhood House of North Richmond and Contra Costa Health Services

Partners: Hospital Services, Recycling/Urban Tills, Leave Your Block, Verde Partnership Garden, Contra Costa Watershed Program, Verde Chapel CME Church, KPCC Center, West County News Quarterly, CO, Educational Community, Thrifts and More!, Neighborhood Council, Supervisor Green & Office, West Contra Costa Health Services, Verde, Verde Community Center, The Neighborhood Project

Jointly Funded by the City of Richmond and Contra Costa County



6^{to} Anual Festival Verde Del Norte De Richmond Y Celebracion Del Dia De La Tierra

Sabado, 23 de Abril, 2016
Festival: 10:00am-2:00pm
Voluntario: 9:00am-11:00am

Celebra la Salud de la Comunidad!

Que: Recoger basura en la quebrada de Wildcat y Proyectos del Jardin para voluntarios a las 9:00am-11:00am (Los primeros 30 voluntarios reciben camisetas gratis!)

Donde: Voluntarios favor de presentarse a 2000 Giaramita St. (Escuela de Verde) para registrarse, y obtener materiales

Preguntas: Contacte Sequoia Erasmus al 525-313-6764

Presentado por: Neighborhood House of North Richmond and Contra Costa Health Services

Partners: Hospital Services, Recycling/Urban Tills, Leave Your Block, Verde Partnership Garden, Contra Costa Watershed Program, Verde Chapel CME Church, KPCC Center, West County News Quarterly, CO, Educational Community, Thrifts and More!, Neighborhood Council, Supervisor Green & Office, West Contra Costa Health Services, Verde, Verde Community Center, The Neighborhood Project

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If you like what you see, please consider helping us continue to do this work by making a small contribution today.

Without YOU this work would not be possible!



Happy Spring!

STAY CONNECTED:

