

FOOD for THOUGHT

URBAN TILTH : NEWSLETTER | FEBRUARY 2016



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News from the Gardens & Farms:

Richmond High Urban Agriculture Institute

Winter time!

What does that mean for Urban Ag @ RHS? Crisp salad greens for the whole class!

After learning about the nutritional value of lettuce greens during class yesterday, students stepped outside this morning to harvest and prepare a fresh garden salad because **FOOD IS MEDICINE!**



(Above: Friday Cooking Demo with Garden Veggies)

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MLK DAY 2016

On the Richmond Greenway!

January was an exciting month for us on the Greenway!

Working in collaboration with the Friends of the Richmond Greenway we successfully kicked off an amazing Martin Luther King National Day of Service event with OVER 300 volunteers from all over the East Bay as well as many local Richmond community members making their day off indeed a day on!

We started off a chilled morning with a lingering threat of rain, but volunteers were able to keep warm and keep the dream alive through many collaborative volunteer projects such as planting trees, planting cover crops, fertilizing trees, weeding, sheet mulching and watershed creek restoration.



We all honored Dr. MLK with a collective moment of silence and some inspiring words, then we broke bread and shared a fantastic lunch of 3 types of delicious homemade soups and hot herbal mint and lemon balm tea thanks to Rosemary's Kitchen.



Thank you to Greenpeace, Kaiser Richmond, the National Forest Service, Alpha

Kappa Alpha, BACRs Americorps, Friends of the Richmond Greenway, MCE and all our volunteers who came out and helped to make Martin Luther King Day 2016 on the Richmond Greenway outstanding!

Please stay tuned for more upcoming and exciting things and events to come on our beloved Richmond Greenway.

* Join us every 2nd Saturday of the month for our Love Your Greenway community volunteer workdays from 10am - 2pm. There is always lots of tasks good company and light refreshments. Please come out and help us love our city and our Greenway!

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Restoring Tilth

News from the North Richmond Farm

The North Richmond Farm is in recovery after its first treatment :)

In December, we pulled out more than 400 cubic yards of blackberries and cut-back many of the trees. Heavy machinery was used, a practice we want to keep to a minimum, but the farm is starting to be defined and with the rain is recovering beautifully.

Mother nature (the rains) have only allowed for soft visits tin January, however we are geared up to continue working on the land once she permits us.

With our first soil tests looking for nutrient level in the existing soil, we now know we have a lot of nurturing to do to restore this land back to good tilth.



(Above: Our friends from

[Check out our updated North Richmond Farm design!](#)

* Look out for regular volunteer days on the the 4th Saturday of the month.

For more information contact: luis@urbantilth.org

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From our Farms to your Table:

Hyper local, freshly picked produce that supports local employment and garden education programs.

FARM STANDS

Our beloved Farm Stand is taking a break until March, giving us time to learn a little about what we did last year and make plans for an even better farm stand in 2016.



We will be back, and we'll be better than ever!

Stay tuned...

Please contact alex@urbantilth.org for more information.

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Grow with us!

VOLUNTEER

2nd Saturday LOVE OUR GREENWAY DAY!

Join the Friends of the Richmond Greenway for our monthly volunteer day on Greenway!

Let's continue the outstanding work of Martin Luther King National Day of Service and make our Greenway the jewel of Richmond ♥

Saturday, Feb 13th

10am - 2pm

♥ Special Valentine's Day
refreshments will be served ♥



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)
- 8th Street (EcoVillage Farm)
- Harbour Way (Pogo Park)
- 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.

Let's CELEBRATE our Greenway and show 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

*** 2nd Saturdays Love Your Greenway Volunteer Day is a project of Friends of the Richmond Greenway in partnership with the City of Richmond and fiscally sponsored by Richmond Friends of Recreation.*

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AdamsCrest Farm Volunteer Day: Spring Planting Party!

Help grow healthy fresh veggies for our community.

Join us at AdamsCrest Farm for our 1st Planting Party of the year!

AdamsCrest Farm
5000 Patterson Circle
Richmond, CA

Every 3rd Saturday
February 20, 2016
10:00am - 2:00pm



*Please wear sturdy shoes. Tools, gloves and snacks provided. Children welcome if accompanied by an adult.

This month we will be giving away seeds and seedlings to help everyone start their spring gardens!

For more information contact doria@urbantilth.org

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New: Volunteer at the North Richmond Farm!

Want to help grow Urban Agriculture in the Bay Area?

Join Luis Chavez and the whole Urban Tilth farm crew every 4th Saturday at our new North Richmond Farm.

Every 4th Saturday
Saturday February 27th
10am - 2pm

Brookside Dr & Fred Jackson Way
North Richmond, CA 94801

Grow Community from the ground up!

*For more information contact
luis@urbantilth.org*



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

Want to help grow Urban Agriculture in the Bay Area?

Join Luis Chavez and the whole Urban Tilth farm crew every 4th Saturday at our new North Richmond Farm.

Every 4th Sunday
Sunday, February 28th
10am - 2pm

1st & Market St
North Richmond, CA 94801



We are currently designing in a medicinal plant focus as part of the garden and hopefully by spring/summer the garden will be thriving with all kinds of medicines.

Looking forward to collaborating with the traditional healers of our community. Much love.

For more information contact tania@urbantilth.org

"We can begin by doing small things at the local level like planting community gardens or looking out for our neighbors.

That is how change takes place in living systems, not from above but from within, from many local actions occurring simultaneously." - Grace Lee Boggs

UPCOMING EVENTS

Growing Our Souls, Building Our Soil :: A Day of Vision In Action

--As part of the official Bay Area Grace Lee Boggs memorial celebration weekend--



Saturday, March 19th

10am-3pm

The Richmond Greenway @16th Street

(Between Ohio and Chanslor Ave in Richmond, CA)

Hosted by [Urban Tilth](#), [Movement Generation](#), and the Bay Area Grace Lee Boggs Memorial Celebration Planning Committee

The philosopher and activist Grace Lee Boggs died at the age of 100 on October 5th, 2015. She was active in most of the major struggles for social justice over the last 75 years. Our movement elder has become our movement ancestor and her theories have had a profound impact on many people in the Bay Area. A celebration of her life will be held in Oakland on Sunday, March 20th - the first day of spring! And we will work toward that celebration with our hands in the dirt on Saturday, March 19th in our sister-city of Richmond, CA.

Grace wouldn't want us to just sing her praises. She'd want us to recall her life as an urging inspiration to study, dialogue, and work together toward the new world she was helping to create for the love of all of us. Urban agriculture and visionary organizing was central to the new world Grace was articulating during the final decades of her life. Let's honor her with a day of fun community building and farming with our friends and comrades at Urban Tilth (<< tag when it's time) !

For more information contact: Sherman Dean, sherman@urbantilth.org or Ellen Choy ellen@movementgeneration.org

[Visit our Facebook event for more details...](#)

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JOIN TEAM TILTH!

Each year Urban Tilth staff, friends and supporters join "Team Tilth" to run in support of Urban Tilth's mission of creating a more healthy, sustainable and just food system.

As a part of Team Tilth, runners can generate support for Urban Tilth's programs and are invited to participate in fun training meet-ups and brunches with staff, family, friends, and supporters.

** As a bonus, runners even receive free entry to the race of their choice and some Urban Tilth race day swag!

Oakland Running Festival 2016
March 20th, 2016
Snow Park, Oakland CA

[Click here to Register Today!](#)

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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 Winter 2016!

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STAY CONNECTED:

