

Hattie Carthan Community Market & After Church Market Fall Events Calendar

Meet other community residents, get information, gain a skill or new understanding, pitch in! *All are welcome!*

Saturday, August 29th 2015 - Celebrate the Spices of the Caribbean

Our spice is Our Life

Hattie Carthan Tiny Tots Program begins in the childrens garden

10am to 12 noon

12:00—1:30 am to 1pm Curry bunjhal wrap - Seasonal cooking demo w/longtime food educator /market founder Yonnette Fleming and her youth chef crew

Sunday, August 30th 2015 - Healing Apothecary is Open

2:30pm—4:00p Healthy eating cooking demo with Just Food Chef Shakeem Williams

4:30 pm—6:00p West African Healing drum circle

Saturday September 5th 2015

TINY TOTS GARDENING PROGRAM BEGINS

Tiny Tots Reading Hour 10am to 12:00 am

12 noon to 1:30 pm— Youth demos

1:30 pm—2:30 pm Caribbean dance with w/ Calabash Dance Theater Founder Ayanna

Fredericks & Community drum artist Michael Sampson

Sunday September 6th 2015—

Just Food chef cooking demo

3pm to 4:30 pm Afro/Caribbean Heritage Celebration on the Farm/

Afro Caribbean drum Circle,Herbal

Apothecary Open

September 12th 2015— HCCM

10:00am—12 noon—tiny Tots gardening Program

11:30 am to 1pm Seasonal Youth Demo

September 13th 2015—Hattie Carthan After Church market

2:30—4:00 pm Healthy cooking demo with Just Food Chef Shakeem Williams

3:30 pm to 5:00 pm—Food Justice Manifesto Review 101

2014 Food justice Revival Learning Series begins with food justice farmer/educator Yonnette Fleming

Food justice seems to be the new sexy word being tossed around in the food movement these days. Join food justice farmer/educator Yonnette Fleming as we study the ground work for Food Justice "The Food Justice Manifesto and discuss food justice, what it is, what it is not. We will talk it out, draw it out and begin to visualize how Food justice looks on the ground. We will also identify tangible steps for community residents to begin shaping or informing a Just Food system.

September 19th 2015— HCCM

Noon—1:30 pm Cooking with Herbs w/ plant medicine practitioner Yonnette Fleming—Join us as we whip up a simple herbal dish and discuss the importance of herbs to human health.

***We will have a make shift apothecary setup from our local harvest in the market**

***Herbal lunch counter menu**

September 20th 2016—Hattie Carthan After Church market

Preserving the Herbal Harvest Cooking Demo w/ longtime community food educator Yonnette Fleming as we explore herbalism as Health justice .*Learn to preserve the freshness of your favorite herbs through drying, freezing and other preservation methods and about the healing qualities of the herbs growing in the urban landscape.*



Saturday, September 26th 2015—HCCM

10am—12:00 noon Tiny tots gardening Program

High vibrational Meal, Food system workshops. Food for Thought Circle, Musical circle, Farm Tours

Please Join Farmer Yon and her intergenerational crew as the Hattie Carthan historic working garden and market explores Food Justice and embarks on creating a grassroots based cadre of educated leaders of color who can advocate and work to create an equitable food system.

*** Intergenerational workshops—**

Why youths are important to all movements, Food Systems 101, The politics of sugary drinks, Urban farming –A legal occupation or cropsharing endeavor

*** Achieving equity in Agriculture—Who's gathering the statics for women of color in the food system?**

*** Youth led Food justice discussion panels**

*** Healthy Eating cooking demos**

*** Fresh herbal smoothies**

• Live music

4pm—6pm— High vibrational meal in the outdoors

7:00—8:00—Food For thought Closing circle

September 27th 2015—Hattie Carthan After Church market

3pm to 4:30 pm—Food justice Revival continues

A Thyme for Healing. Methods and methodologies for creating communal Health spaces.

Join Herb farm founder/plant medicine practitioner Yonnette Fleming/ Author of "A Thyme for healing" as we explore Sacred healing practises and the use of herbs and alternative medicines as an exercise in health and food justice .

Western medicine is founded on a scientific basis, but we must recognize that this scientific basis holds no inherent guarantee of quality or efficacy. The culture of Western medicine places diagnosis as a central goal, whereas alternative approaches see it as less central and pay more attention to finding a safe environment in which the patient may reorder balance and health. Come learn about the word 'medicine" as understood by ancient cultures and about cultivating communal health through practises like smudging and purification, herbal medicine making, communal harvesting celebrations, talking circles and sound medicine circles .

Saturday, September 27th 2014—HCCM

11:30am-1pm Seasonal youth cooking demo

6pm to 10pm—Hattie Carthan communal Dinner / Food justice Revival

Admission—\$30 per person (Tickets in market and via website)

Join Farmer Yon and the market crew for a delicious four course meal on the farm. Freshly baked bread, local wines, all foods grown in the geography

Live videos/music, Folk song drum performance

Sunday, September 28th 2014—Hattie Carthan After Church market

3pm to 4:30 pm—Food justice Revival continues

A Thyme for Healing. Methods and methodologies for creating communal Health spaces.

Join Herb farm founder/plant medicine practitioner Yonnette Fleming/ Author of "A Thyme for healing" as we explore Sacred healing practises and the use of herbs and alternative medicines as an exercise in health and food justice .

Western medicine is founded on a scientific basis, but we must recognize that this scientific basis holds no inherent guarantee of quality or efficacy. The culture of Western medicine places diagnosis as a central goal, whereas alternative approaches see it as less central and pay more attention to finding a safe environment in which the patient may reorder balance and health. Come learn about the word "medicine" as understood by ancient cultures and about cultivating communal health through practises like smudging and purification, herbal medicine making, communal harvesting celebrations, talking circles and sound medicine circles .

Saturday, October 4th 2014 Hattie Carthan Community market

Noon—1:30 Youth Seasonal demo

Sunday, October 5th 2014 - Hattie Carthan After Church market

2:30pm-4pm **Preserving the Herbal Harvest/Marinade Making Workshop**

Join farmer Yon as she demonstrates preserving the herbal harvest by crafting simple herbal marinades to help you create delicious, healthy recipes throughout the cool season from the plants in your backyards and gardens.

Saturday, October 11 2014 - HCCM 1:30pm-3:30pm **Bread Baking Workshop \$25 per workshop—Catch both workshops at a discounted rate of \$45 Admission is limited so sign up Early in the market.**

Fresh baked bread included! (All grains are not created equal - Looking deeper at the value of grains in the human diet. Could the nutritional pyramid could have steered us wrong?)

Sunday, October 12th 2014 - Hattie Carthan After Church market

3:00 pm—4:00 pm Fall cooking demo with farmer Yon—Warming foods & spices

Saturday, October 18th 2014 - HCCM 1:30pm—3:30 pm—Bread Baking workshop \$25 per workshop. Catch both breadbaking workshops for a discounted rate of \$45. Admission is limited so sign up early.

Fresh bread included

All grains are not created equal—Looking deeper at the value of grains in the human diet . Could the nutritional pyramid have steered us wrong?

Sunday, October 19th 2014 - Hattie Carthan After Church Market

Fall cooking demo with farmer Yon—Warming foods & spices

Saturday, October 25th 2014 - HCCM 11am-3pm

Day of the Dead celebration- *Features live ancestral altar exhibit, face painting, candied apples cooking demo, pumpkin carving ,ghoulish nature crafts and more*

Sunday, October 26th 2014 - Hattie Carthan After Church Market 1pm-6pm

Day of the Dead celebration- *Features live altar exhibit, skull making workshop, face painting, candied apples cooking demo, drum circle, and more .*

3pm to 4:30 pm Sacred Food Ritual as a way of remembering the foodways of our ancestors

The colonized, or Western diet, has debilitated our communities' health--body, animals and nature. It is time to reconnect with our roots, and honor the sacredness of our lands and original food traditions. It is now time for us to remember our food as sacred, or as our elders advocate, begin to "decolonize our diets." By this action we begin to strengthen our earthly relationships and reclaim our spirituality. May we remember our food as a ceremonia: one heart, one mind, one spirit-

4:30 pm to 5:30 pm skull making workshop, face painting

5:30—7:00 pm Communal drum circle

***Note: All Saturday events will take place at the Hattie Carthan Community Market on Clifton bet. Marcy and Nostrand. All Sunday events will take place at the Hattie Carthan After Church Market on Van Buren bet. Marcy and Throop.**

Hattie Carthan Community Market & After Church Market Events Calendar

Meet other community residents, get information, gain a skill or new understanding, pitch in!

All are welcome!

Saturday, August 10th 2013 - 12 noon—1:30 pm—Cooking demos with youth chefs—Seasonal Recipe

Our Food as Medicine series continues in both markets with longtime food educator extraordinaire /market founder Yonnette Fleming

1:00—2:30 pm . Staving off the heat with right nutrition. This demonstration will explore Foods for cooling the body during the warmer months.



August 11th 2013 2:30pm to 4pm— Herbs that cool the human body. Join farmer Yon as she demonstrates herbal allies to help keep the body cool during the summer months.

August 17th 2013 12 noon—1:30 pm Seasonal Cooking demos with youth chefs

August 18th 2013 2pm—3:30 pm— Extending the summer harvest—Green seasoning and herbal marinades workshop. This is a culinary season extension class. We will observe the herbs that are thriving on the farm in summer and craft several marinades from herbs growing on the farm. Each participant will take home a small bottle of green seasoning of their choice.

August 24th 2013 — 12:00—1:30 pm Seasonal Cooking demos with youth chefs

August 24th 2013—5pm—9pm

Press Contact/Event Organizer: Yonnette Fleming

Websites: hattiecarthangarden.com; hattiecarthancommunitymarket.com

WHAT: “BEEN WORKING SO LONG IN THE WIND AND STORM” photographic exhibit/Memorial Project and Oral Histories Production . “Homecoming” movie screened after Dark.

Background:

The Hattie Carthan Community Garden will gather the village of Bedford Stuyvesant and beyond for our memorial unveiling and photographic exhibit event.

WHERE: Hattie Carthan Community Garden, Clifton Place at Marcy Avenue ,Brooklyn, NY 11216
G to Bedford/Nostrand; B38 to Marcy and Lafayette Avenues

August 31st 2013 12 noon—1:30 pm Seasonal cooking demos with youth chefs

August 31st 2013— 2:00pm to 3:30 pm “The Healthy Heart ”

Join Farmer Yon as she explores simple foods ,recipes and practises that can help cultivate Heart Health.

September 1st 2013— Healthy Caribbean cooking.

Caribbean recipes combine African, Amerindian, French, East Indian, and Spanish styles of cooking. These traditions are a reflection of both colonial and native influences of the region. Rice , a common staple of a Caribbean meal isn't complete without a generous helping. It is eaten with a variety of sauces and beans. The rice prepared on each island may be a little different. Some season their rice, or add peas and other touches - like coconut. Sometimes the rice is yellow, but other times it is part of a dish. Some cookup rice have meat, others are simply vegetarian. Join native Guyanese food educator Yonnette Fleming as she demonstrates the recipes of her Caribbean upbringing. We will learn to spice up bland grains, legumes, and leftover vegetables to create a healthy complete one pot Caribbean meal.

- Cooking demos made possible by support received from Just Food
- The Hattie Carthan community markets are members of the City farms market

***Note: All Saturday events will take place at the Hattie Carthan Community Market on Clifton bet. Marcy and Nostrand. All Sunday events will take place at the Hattie Carthan After Church Market on Van Buren bet. Marcy and Throop.**



September 7th 2013—Seasonal Youth cooking demos 11:30 am —1:00 pm

Sounds and movements from the Caribbean. Caribbean Drum Circle w/Dance Class 1:30—3:00 pm

Join community drum facilitator Michael Sampson and seasoned Dance pioneer Ayanna Fredericks as we explore the rhythms and movement of the Caribbean. Please bring lappa,percussion instruments and African drums for the circle.

September 8th 2013— 3:00pm —4:30 pm Preserving the herbal Harvest—

Ever felt baffled by the abundance of herbs growing in your garden? Join herb farm founder Yonnette Fleming as she demonstrates a multitude of ways to preserve herbs for methods.

September 14th 2013—11:30 Am—1:00 pm Seasonal cooking demonstrations w/ youths

September 14th 2013—1:00—2:30 pm Fall nutrition

Join longtime food educator Yonnette Fleming as she explores what is happening in nature and the human body in the fall . We will discuss what is growing on the farm in the fall and understand how that is exactly what our body requires to support it during the cool season.

September 15th 2013—Recycling nutrients through the act of composting

4:00 pm to 5:30 pm—In agriculture, and gardens, nutrient recycling builds soil fertility. Commercial fertilizers have no organic matter in them, so soil quality continues to decline, species diversity declines, leading to increased pesticide use, and a general decline in food quality. Composting ensures the production of nutrient dense foods and is nature's process of recycling decomposed organic materials into a rich soil .Join herban farm founder /BBG longtime master composter Yonnette Fleming as she explores simple ways to understand and engage in compost as an act of stewardship which allows the cycle of life to continue.

September 21st 2013—11:30 am—1:00 pm Seasonal youth led cooking demos

September 21st 2013 1:30pm—3pm—Its all All About The Greens

Have you observed the variety of greens coming into the market during the cooler months and wondered about their nutritional values or how to prepare them and ? Join farmer Yon as she explores delicious culinary applications for these nutritional powerhouses i.e dandelion greens,mustard greens,turnip greens,spinach,beet greens, arugula,kale,tatsoi,bok choy, swiss chard, collards greens. This a two part culinary workshop which explores a variety of greens growing in the landscape in the fall and ingredients and methods which make them taste delicious.

September 29th 2013—3:00 pm—4:30 pm—Herbs for Fall and Winter wellness

As summer gasps its last breath, fall comes rolling right in on its heels. Fall brings coolness and warm, bright colors—but it also brings the dreaded cold and flu season. Although the fall and winter are considered seasons of rest and rejuvenation , they can also be very draining on the body. Inactivity and being indoors spreads viruses and germs that constantly bombard the body's immune system. Join herbal wise woman Yonnette Fleming as she explores herbs in the garden which have the ability to strengthen and heal the body during the cooler months and can improve health throughout the fall and winter seasons.

HATTIE CARTHAN COMMUNITY MARKET

EVENTS 2011 - 2013

The Hattie Carthan 10th Annual Food Heritage Festival

June 20th, 2013 The Hattie Carthan Community Garden Cordially invites you to attend

One of the most interesting things about the food of the African Diaspora is how closely it connects the people who prepare it, often without them even realizing it. There are several characteristics that almost all cuisines of the African Diaspora share: seasoning techniques; cooking techniques such as stewing and frying; the prevalence of starchy mashes or porridges eaten with stews and soups or on their own; Among African, Latin and Caribbean cuisines, ingredients are nearly identical, most likely due to the similarity in climate. Tropical foods such as plantains, cassava, coconuts and palm oil are staples in West African and Afro-Brazilian cooking. The distinctive ingredients of southern cuisine, as well as the styles of cooking them, have been common for centuries in Africa.

6th ANNUAL UNLEARNING RACISM COUNCIL

FEBRUARY 21ST, 2013

Magnolia Tree and Earth Center 677 Lafayette Ave

Community council is a traditional method of connecting and exploring individual and systemic issues. In community council people are encouraged to speak from the heart not the intellect. The symbolism of the circle establishes no hierarchy or dominance

Our world faces a crisis. BORDERS AND BARRIERS have appeared everywhere in our external world. Race and Class has risen to the top of our national agenda as a key concern. Community leaders are crying out for equity, not just equality, for a valuing of all lives. Recent studies in the food system also indicate a disturbing plantation dynamic, with white workers on the top rung of the ladder in each sector. The wealth gap is widening. People of color have been reduced to being consumers of food instead of major producers or contributors to the realm of food and agriculture. People from dominant groups silence others and speak for entire communities through codified systems.

Hattie Carthan Farmy Folks Soiree: Communal Dinner

October 11th, 2013

Join the Hattie Carthan Family for a delicious locally grown meal.

\$30 for Dinner tickets and \$25 for Wine Bar tickets

Reserve your seat by buying tickets from Farmer Yon on market days or online by clicking here for the Market Store.

Summer Solstice Communal Gathering and Artesianal Market

SATURDAY, JUNE 21st

Hattie Carthan Herban Farm, 49 Van Buren St

Join us in celebrating the summer solstice and in supporting a sustainable economy at the Hattie Carthan Homesteaders Market - Solstice Celebration on June 21st. The Artisan market is from 1pm-9pm.

This community based market is not just profit, but the creation of community and celebration of people and place. Local women artisans will be selling homemade natural products, books, CDs, percussion instruments, herbal wares, teas, bath salts, sugar scrubs & body oils, clay art, paintings, leather jewelry & accessories, lock jewelry & ties, shamanic tools, honey and more.

We will have high vibrational foods, live music, open mic performances, nature activities and garlic harvesting. The solstice ceremony begins at 9pm.

Herbal Immersion Course (15 hours)

Saturday, May 17 and Sunday May 18, 2013

HATTIE CARTHAN HERBAN FARM 49 VAN BUREN STREET bet TOMPKINS & THROOP

Cost \$250 (Sliding Scale)

Course facilitator: Herb farm founder Yonnette Fleming

This course helps to build a strong foundation for those considering herbalism, plant and animal Reiki or other forms of Earth healing. We strongly believe that knowledge of local medicinal plants is essential for all people, and that herbal medicine is a core component of sustainable community health and vitality. The weekend begins and ends with a Plant council and drum journey with the herbs growing on the farm. (This is a mandatory course for people who intend to register for our HerbalWyse Level 1 Course) More information at www.urbanbusheducator.com

Waking up the Farm Earth Day celebration

Monday April 22nd, 2013. 11am - Sunset.

Hattie Carthan Herban Farm 49 Van Buren Place Between Tompkins & Throop

11:00am - 11:30am Waking up the Farm – Grounding exercise

11:30am – 1:00 pm Seed starting workshop

1:00pm – 1:30pm Craft a Wild Weed edible salad from spring herbs/weeds, vegetarian snacks

1:30pm – 4:30pm Farm cleanup, repainting farm signs, adding fresh compost to rows, rethatching the roof of the herbal apothecary.

5pm - 6 pm Vision circle (Ends with Drums). Please bring a symbol of Earth for our visioning exercise.

Garden Planning workshop & 10th annual Earth Day celebration

Sunday April 21st, 2013.

11:00am – 12:30pm Garden Planning

1:00 - 2:00pm Earth Day vegetarian meal

2:00pm – 3:00pm Garden & Market history /Tour followed by Gratefulness circle

Early spring is a great time to observe all that is happening around us and to plan for the upcoming gardening season. Join longtime urban farmer in creating a garden plan which can help you grow and harvest food through the spring, summer and fall. We will also learn to map the human potential of your community group as people are also a part of the Ecosystem. We will briefly discuss soil health as a precursor for growing healthy food and create a growing plan on paper. We will also explore ways to assist people growth. After all a well thought out garden and people plan is essential for a successful community garden. Participants receive free heirloom seed and a NYC planting calendar. **START THE 2013 GARDENING SEASON OFF ON THE RIGHT FOOT!**

REBUILDING FROM SANDY COMMUNITY WORKDAY AND VOLUNTEER RECRUITMENT DRIVE

Saturday April 7th, 2013. 10am to 6pm.

Hattie Carthan Community Garden (Corner of Marcy & Clifton Place)

The Hattie Carthan community garden welcomes you to join us as we embark on rebuilding from Sandy. The garden is also recruiting volunteers to work in the garden, farm and its two markets in 2013.

Healthy beverages, fruit, water & gloves provided. Please bring your own beverage containers.

CHANGING THE STORIES OF OUR LIVES

MARCH 17TH 2013. 11AM TO 2PM.

THE HATTIE CARTHAN COMMUNITY MARKET INVITES YOU TO CELEBRATE WOMEN'S HERSTORY MONTH WITH CHANGING THE STORIES OF OUR LIVES

FACILITATED BY BEDSTUY WOMEN SECURITY CONFERENCE FOUNDER YONNETTE FLEMING

What are the stories that we women had been told about ourselves? Where in HIS TORY does HER STORY show up? Where are women's contributions to civilization remembered or acknowledged in the historical timeline? How are the legacies of our sheroes remembered and preserved?

THE HATTIE CARTHAN COMMUNITY MARKET 4th ANNUAL UNLEARNING RACISM COUNCIL

Sunday FEBRUARY 17TH 2013. 11AM TO 4PM.

Magnolia Tree and Earth Center 677 Lafayette Ave

Facilitated by Food Justice Educator/Urban Farmer, Yonnette Fleming

Our world faces a crisis. BORDERS AND BARRIERS have appeared everywhere in our external world. People from dominant groups silence others and speak for entire communities through codified systems. People of color are reduced to being seen as consumers of food instead of as major contributors to the realm of food and agriculture. Old knowledgeable gardeners have become perpetual students of newly educated agricultural experts. PLEASE COME SHARE HOW OPPRESSION AND RACISM IS WORKING IN YOUR LIFE AND COMMUNITY.

Season Closing Ceremony

Sunday, November 18th 2012—3pm to 6pm Season Closing Ceremony

Season slideshow begins at dusk— HCCM Markets/Hattie Carthan Urban Agriculture Corps closing celebration, volunteer appreciation, tasty foods and farmy fun activities for all!

Is Your Color and Socio-Economic Status Making you Sick?

Saturday, November 17th 2012— 11:30am—1:00 pm (Food and Justice)

Join food justice farmer Yonnette Fleming as we explore Race, Class, Geography, Illness and the Food System while drawing connections between health and a neighborhood's physical, social, service, and economic environments.

Fall Nutrition

Sunday, November 11th 2012—Hattie Carthan After Church Market—Fall Nutrition

When the leaves begin dropping and our days get shorter, many of us become consumed by gloom. Join longtime Just Food educator Yonnette Fleming as we explore orange and deep red nutrition and warming spices that can help us balance our bodies and minds in the cool season.

Roots and Nuts Demo and Farmy Folks Soiree Markets Fundraiser and Volunteer Appreciation

Saturday November 10th 2012—HCCM—2 Events!

11:30am—1:00pm Roots and Nuts Demo Join organic soul chef Madea Allen for a roots nutrition workshop. Learn to incorporate roots and nuts in your diet for optimum nutrition.

6pm-10pm HCCM Farmy Folks Soiree Markets Fundraiser and Volunteer Appreciation

Ceremony Join us for a home grown family style feast, live eco and folk performances, farmy film screenings, a 2012 market season virtual tour, and more. Online and In Market registration for the soiree begins Sept 15th.

Roots and Nuts Demo

Sunday, November 4th 2012—Hattie Carthan After Church Market-

Join organic soul chef Madea Allen for a roots nutrition workshop. Learn to incorporate roots and nuts in your diet for optimum nutrition.

Warming spices for the cool season

Saturday, November 3rd 2012— HCCM

12:00pm—1:30 pm Warming spices for the cool season. Join long time food educator/market founder as she whips up a warm porridge and offers suggestions for keeping the body warm through the cool season.

1:30pm-3:30pm Final Bread Baking Workshop —Fresh baked bread included!

Day of the Dead

Sunday, October 28th 2012—Hattie Carthan After Church Market

Celebration and Bottle Tree Art Exhibit Features live altar exhibit, the use of food in Sacred ritual workshop, skull making workshop, face painting, candied apples cooking demo, drum circle, and more.

2pm—3:30pm Healthy holiday treats (carob apples demo w/ organic soul chef Madea Allen)

3:30pm—4:30pm Pumpkin carving and holiday crafts w/ artist extraordinaire Kelly Horrigan

4:30pm-6pm The use of food in ritual. Community ceremony and hanging of decorated bottles on bottle tree. Drums and costumes encouraged.

Day of the Dead Celebration

Saturday, October 27th 2012 - HCCM

Features live altar exhibit, the use of food in Sacred ritual workshop, skull making workshop, face painting, candied apples cooking demo, drum circle, and more. Drums and costumes encouraged!

11:30am -1pm Healthy holiday treats (carob apples w/organic soul chef Madea Allen)

1:00pm -2pm Pumpkin carving and holiday crafts workshop w/ artist Kelly Horrigan

2pm—3:30pm The use of food in rituals w/ market founder/longtime community food educator Yonnette Fleming.

Bread Baking workshop

Saturday, October 20th 2012: HCCM

1:30pm—3:30 pm—Bread Baking workshop Fresh baked bread included!

Bed Stuy Family and Friends Day Tour TBD and Bread Baking Workshop

Saturday, October 13th 2012—HCCM

1:30pm-3:30pm - Bread Baking Workshop Fresh baked bread included!

Demystifying Food Justice

Sunday , October 7th 2012—Hattie Carthan After Church Market

2pm—4 pm Demystifying Food Justice —What is it anyway?

Join food justice farmer/educator Yonnette Fleming as we discuss food justice, what it is, what it is not. We will talk it out, draw it out and begin to identify tangible steps for community residents to begin shaping and informing a Just Food system.

Preserving the Herbal Harvest Cooking Demo

Saturday, October 6th 2012—HCCM

11:30am-1pm Preserving the Herbal Harvest Cooking Demo w/ longtime community food educator Yonnette Fleming Learn to preserve the freshness of your favorite herbs through drying, freezing and other preservation methods.

Cooking with Herbs

Sunday, September 23rd 2012— Hattie Carthan After Church Market—

Cooking with Herbs w/ plant medicine practitioner Yonnette Fleming—Join us as we whip up a simple herbal dish and discuss the importance of herbs to human health.

Caring for your mixed basket.

Saturday, September 15th 2012 – HCCM

Sunday, September 16th 2012 – HCHF

Struggling with extra veggies in your weekly basket? Join Organic Soul Chef Madea Allen as she demonstrates exciting ways to preserve and prepare the vegetables you receive in your mixed basket. This workshop is for Hattie Carthan market basket participants.

FINAL PLAYSTREETS

Saturday, September 8th 2012—HCCM—

1:30pm to 3pm -Diverting organic waste from the landfill through home and community composting with BBG Master Composter and Market Founder Yonnette Fleming. This workshop is created for community residents and volunteers who wish to understand composting as an act of stewardship and nutrient recycling.

Celebrate the Taste of the Caribbean– Bunjhal Curry Wraps

Saturday, September 1st 2012— HCCM

12pm

Cooking demo with longtime community food educator Yonnette Fleming

Hattie Carthan “After Church” Community Market

49 Van Buren between Tompkins and Throop

Sundays July thru November 2012

1pm to 6pm

Buy Fresh Local Fruits and Vegetables a tour our HERBAN FARM, Buy FRESH Eggs, check out our cooking demos, HERBAL APOTHECARY weekly compost drop-off

Hattie Carthan Community Farmers’ Market

Saturdays 9 am – 3 pm

July 14th– November 17th 2012

Growing Fresh Food and Healthy People in Central Brooklyn since 2009

Clifton Place at Marcy Ave.

(next to Hattie Carthan Community Garden)

A Circle of Women: Changing the Stories of our Lives

March 18th, 2012

Magnolia Tree and Earth Center

677 Lafayette Ave

11:00am - 4:00pm

Suggested Donation: \$5

Facilitated by BedStuy Women Security Council Founder Yonnette Fleming

What are the stories that we women had been told about ourselves? In a culture where women’s contributions are often ignored, where women are expected to “suck up” toxic emotions and where our anger is written off as hysteria, many women have unconsciously bought into these oppressive ways of understanding themselves. For many of us, the story we’ve been told is in fact a limiting one which may come from a racist history, a story of "playing it safe" or of accepting "mediocrity" out of fear. For others the story is even less inspiring, a story of self-doubt, insecurity, and low expectations. We carry these oppressive stories in our bodies which can cause the body to become imbalanced and open the door to illnesses as they stop us from loving who we truly are as life bearers. In many cases the wounding is done by other women. Join us as we go inward to uncover those stories, return them to their sources of untruth and create new stories of Change. Please bring the stories of powerful women who have set the template for our civilization and a blanket for the journey. This journey will end in a symbolic burning of the stories and hurtful words that prevent us from living to our highest potential and an intentional circle where we create new stories for our lives.

Annual Unlearning Racism Council

February 12th, 2012

Magnolia Tree and Earth Center

677 Lafayette Ave

11:00am - 4:00pm

Suggested Donation: \$5

Facilitated by Food Justice Educator/Urban Farmer, Yonnette Fleming

Our world faces a crisis. People are oppressing and killing each other because of differences in skin color, language, religion and ideologies. Let us speak from the heart about how oppression and racism in particular work in individuals and institutional systems. We will discuss how racism operates in our food system. Come prepared to speak about limited food choices in low income communities versus more affluent communities, the dwindling number of black farmers in the U.S, the high level of stress that people of color face in their everyday existence. We will get clear on commonly used terms i.e cultural appropriation, spatial racism internalized racism and their meanings and examine how structural racism manifests in our society broadly. WE'LL TALK IT OUT, DRAW IT OUT and DRUM IT OUT! PLEASE BRING NOTEBOOKS, ANCESTRAL TRINKETS, WATER, TISSUES, DRUMS AND SHAKERS.

Season Closing Ceremony and Celebration

November 20th, 2011

Hattie Carthan After Church Market

49 Van Buren St.

Begins 3pm

Join us to celebrate our season and honor our youths with food, shopping, music and entertainment. There will be free refreshments, special guest speakers, Live DJ, youth cooking demo, youth farm tour, open mic, raffles and more!

Chicken Coopla Market Fundraiser

October 22nd, 2011

Hattie Carthan Community Market

Clifton Pl at Marcy Ave

2pm - 8pm

Honorees include: Livestock Catalyst and Volunteer Extraordinaire

Caring for your Flock's Health with Herbs Workshop with Yonnette Fleming

Canning Workshop with Classie Parker

Raising City Chickens Workshop with Greg Anderson

Youth activities, Best Looking Chicken Contest, Name a Chicken Raffle, Chicken and Egg Cuisine from

around the world, And... Master drummer/ethnomusicologist, Felix Sanabria and folkloric dancer

extraordinaire Susan Sanabria of Los Afortunados perform the Rumba demonstrating the contributions of chickens to human culture

TICKETS! \$25 <http://www.firstgiving.com/chickencooplafundraiser> or at market info table

– Price includes gate entry \$5 & unlimited buffet \$20 –

Pumpkin Festival

Sunday, October 29th, 2011

Hattie Carthan After Church Market

49 Van Buren St.

1:00pm to 6:00pm

Come support the market! Activities include Live music, spoken word, seasonal cooking demonstration, pumpkin carving, face-painting, clowns, compost teas. Explore the world of pumpkin through the cuisine. Walk our labyrinth garden, buy our Fresh Tshirts & caps, tour our community composting system, check out our beautiful laying hens and see our cool crops growing on the farm.

Stop by the market coordinators tent and make your opinion count! Every 5th customer to fill out a market survey will receive a coupon to purchase fresh food from our market.

Winterize Yourself

Sunday, October 16th, 2011

Hattie Carthan After Church Market

49 Van Buren St.

2:00pm

Join City farms trainer, community food educator and herbal wysewoman Yonnette Fleming in a riveting discussion about how to protect ourselves from winter colds, chronic pains, flus, seasonal depression and other cold weather ailments. We will explore nutrition for the Fall and winter season and learn about preserving herbs from the harvest to assure our vitality in the depths of winter.

Preserving the Herbal Harvest

Sunday, October 2nd, 2011

Hattie Carthan After Church Market

49 Van Buren St.

2:30pm- 4:00pm

Join urban farmer /plant medicine practitioner Yonnette Fleming in a highly interactive cooking demo as we create green seasonings and Marinades from this year's herb garden harvest. Please come prepared to share your own recipes and bring a clean bottle or jar with a tight fitting lid for your handcrafted creations.

GreenThumb Workshop

Saturday, August 27th, 2011

Hattie Carthan Community Garden

Marcy and Lafayette Ave

10:00am - 12:00pm

Join us in this exciting discussion which explores food education as a viable tool to engage people in seasonal eating. We will discuss nutritionist vs food education and examine ways that community gardeners can engage their community in conversations of health and well-being through cooking demonstrations based on food education and will toss up a healthy and delicious recipe.

Bedford Stuyvesant School Garden Tour and Cooking Workshop & Brooklyn Community-Run Markets and Livestock Bike Tour and Workshop

Saturday, August 20th, 2011

Hattie Carthan Community Market

Clifton Pl and Marcy Ave

Part of the ACGA National Conference

Cooking with Herbs Workshop

Sunday, August 14th, 2011

After Church Market

Van Buren near Tompkins Ave

2:30pm

2011 Grand Opening! July 31st 2011

Join us as we celebrate our new Community Farmers Market