

Great Kids Farm's

African American Foodways

SUMMIT 2024



1 day, 12 high schools, 120 students. What will you bring? What will you learn? What will you take home?

Every workshop is led by an incredible youth educator who is out there doing the work every day. Each is awesome.

Farm-to-Follicle

Raven Davis, Educator, Green Team Leader, and Urban Farmer

Thought food was just for eating? Think again! In this workshop, you will discover how homegrown food, although delicious and nutritious to eat, is just as beneficial to the hair on our heads as it is to our bodies. Come make your very own all-natural conditioner and gel that will leave your hair feeling revitalized and refreshed!

Marvelous Harvest

[Alonna Adesope](#), Farmer and educator

Do you love to eat? Do you want to make change in your community? Then this is the workshop for you! Baltimore has long suffered from racially-segregated food apartheid and access to healthcare, but, on the other hand, has a rich history of communities relying on each other and fighting back. Take your food into your own hands through trying new flavors and building your personalized spice blend, all while exploring the history, politics, and magic of Baltimore's food. Come be a part of a flavor-filled community resistance!

Tasting Heritage: Hibiscus Tea, Malvaceae Plants, and the Essence of African American Identity

[Jarmonay Nelson](#), Educator and Chef

Schleerrp. Ahhh. Do you hear that? It's the sound of you taking a well-earned sip of your very own satisfying hibiscus beverage (that you just made)! Want to make this dream a reality? Sign-up for this workshop to learn about historical and impactful African American food traditions. You will be guided on a deep dive into a very special, diverse family of plants that includes cacao, okra, hibiscus, and more! With this exploration, you will be

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connecting with African American heritage in a powerful and transformative way that you won't want to miss.

Apiary Alchemy: The Healing Power of Honey

[Kairi Dukes](#), Educator, Trauma-Informed Care Facilitator, and Beekeeper at the John Newman Honeybee Company

Ready. Set. SELL! Imagine you're an eager beekeeper looking to develop your simple, yet delicious honey into an exciting new product to sell in your community. From years of experience, you already know that honey has wildly powerful healing properties. Looking to take things up a notch and enhance what honey already has, you explore different additional natural ingredients to add in. Join in on this workshop to develop, market, and sell your revolutionary new product!

The Taste of an Island

Veronica Challenger, Food Corps and Great Kids Farm Educator

Kick back, relax, and get a taste of the island life! Take a trip to the Caribbean with one of Great Kids Farm's own educators who will show you one of her family's most cherished (and delicious) island recipes. Using fresh ingredients pulled straight from the island soil, you will create and taste a spicy, sweet, and bubbly drink: ginger beer! Choose this exciting cultural exploration to learn how food impacts a community's customs, and vice versa.

Growing Green!

[Rodette Jones](#), Farmer, Educator and Activist, Urban Farming Teacher for the [Black Butterfly Urban Farm](#).

Have you ever been told to eat your greens? Have you ever wondered why you were told that? Well wonder no more! In this session, you will get up close and personal with the wonderful world of leafy greens! From learning about how ancestors used greens for their healing properties to planting your very own, you will walk out of this experience with a newfound appreciation (and taste) for the nutritious powerhouses that are greens!

Panel Tracks

1. Entrepreneurship

Speak to restaurant owners, food entrepreneurs, and others who have made a career out of food.

2. Leadership

Connect with community leaders who have unique and important insights into making an impact in Baltimore.

3. Activism

Learn from local food-focused changemakers who are working and fighting to make food access more equitable in Baltimore.

4. Health and Wellness

Gain insight from experts on how to foster physical and mental wellness for yourself and your community while learning about related career paths.