

THE CITY OF LITHONIA PRESENTS:

THE ORIGINAL

COLLARD GREENS

CULTURAL FESTIVAL

EST. 1998



SATURDAY, SEPTEMBER 26, 2015
LITHONIA AMPHITHEATER 10AM - 7PM

2501 PARK DRIVE . LITHONIA, GA . 30058

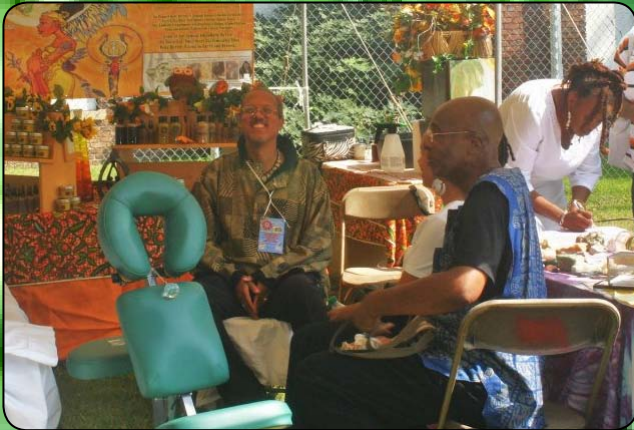
Souvenir Booklet

A COLLARD GREEN EVERYTHING EVENT - SAMPLE ALL KINDS OF DISHES
INCLUDING COLLARD GREEN ICE CREAM

HOSTED BY: MAYOR DEBORAH A. JACKSON/CITY OF LITHONIA

WWW.COLLARDGREENSCULTURALFESTIVAL.COM







Welcome to the 6th Annual 2015 Atlanta Collard Greens Cultural Festival

Fall is a wonderful time for community festivals in Atlanta, the weather is perfect and people are eager to get out and about. Traditionally, it is also a time for harvesting the last bounty of the year. The Atlanta Collard Greens Cultural Festival is a celebration of all that is good, family, healthy food and togetherness. For more than fifteen years people have gathered on the West Coast, and once again, we are pleased to bring this phenomena back to the South. Our host for the third year is Mayor Deborah A Jackson and the City of Lithonia. We are proud to be part of a growing historic city.

We have recently partnered with the African Sustainability Communities who will be launching their first online summit for people of African descent at our Sustainability Pavilion. It is an upcoming sustainable organization focused on assisting urban families seeking to live more self-sufficient. A special thanks also goes to our collaborative partner, the National American Soul Food Museum.

We find that the response from the community continues to be overwhelmingly positive. This year we plan to feed not only the senses and body with good healthy food and music, but also feed the soul with empowering information. Attendees will be able to learn from some of the best naturopaths and healers in Georgia while checking participants' vitals at our Wellness Pavilion.

The youth will have fun while learning about recycling and alternative forms at Sprout Land.

Why a Collard Greens Cultural Festival in the South? It is all in the greens. We are talking about more than your Mama's greens. Be prepared to feast on everything from greens with dumplings to raw collard greens salad. And don't forget to leave room for the piece de resistance, Collard Greens Ice Cream. Long a staple of southern United States, Collard Greens are one of the world's healthiest foods which has sustained people all over the world.

We hope when you leave our festival you will want to 'Eat Mo Green!'. Be sure to stay for the royal crowning of the King and Queen who can cook the meanest greens. Thanks for coming and we will see you next year!



Nobantu Ankoanda, Ed.D, Founder

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We would like to express our sincere thanks to all who helped to make this festival possible including the members of the 2015 OCGCF Executive Planning Committee, Mayor Deborah Jackson and the City of Lithonia Staff, Sponsors Sevananda, Arabian Mountain Foundation, Habesha, Soul Food Museum, Community Partners, Dekalb County, Sisters of Tomorrow, Subway, CVS, Advance Auto, Publisher Uriah Yisrael and Family and friends.



CITY OF LITHONIA

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September 26, 2015



Welcome to the City of Lithonia, Georgia!

We are very excited about hosting the Original Collard Greens Cultural Festival this year! The City is proud to be one of the anchors in DeKalb County for cultural and community events that are family-oriented. We are building upon the tradition that started in the 1950s of hosting artists such as James Brown and Little Richard at the African American owned Country Club and Stock Car Race Track on Rogers Lake Road.

The Collard Greens Cultural Festival provides a great opportunity for families and the community to come together to have fun and enjoy good food. People will learn about healthy eating habits while supporting our local vendors. The program celebration of music, history, family and culture is one that should not be missed.

We are proud to have the Arabia Mountain Heritage Area Alliance, Inc. as one of our sponsors for the event. The Arabia Mountain National Heritage area is within walking distance of downtown Lithonia. We invite you to return to Lithonia to learn more about our rich history.

We are looking forward to a great time and participating in the judging for the King and Queen Collard Greens Cook-off and enjoying some collard greens ice cream!

Best wishes,

A handwritten signature in blue ink, appearing to read "Deborah Jackson".

Deborah A. Jackson
Mayor

6920 Main Street, Lithonia, Georgia 30058
Tel. (770) 482-8136 Fax (678) 526-0252



City of Lithonia, Georgia

PROCLAMATION

WHEREAS, The Original Collard Greens Cultural Festival is an important event that celebrates the traditions, culture, and historic contributions of African Americans; and promotes family unity and the importance of healthy eating and living; and

WHEREAS, The Lithonia community supports coming together to promote family and looks forward to the culturally rich and diverse activities that are planned for the day-long celebration at the Lithonia City Park; and

WHEREAS, The Festival includes arts and crafts, vendors, free health screenings, cooking demonstrations, and Sprout Land to teach children about the importance of learning to plant food; and

WHEREAS, The Festival is an opportunity to expose the community to the rich components of collard greens including collard green ice cream, collard green soap, greens with dumplings, collard green chips, and a king and queen cook-off, just to name a few of the activities.

NOW THEREFORE, BE IT PROCLAIMED, By the City of Lithonia, Georgia that the 2015 Original Collard Greens Festival being held on Saturday, September 26th, 2015 be celebrated as a day of cultural heritage and pride throughout the area.

So Resolved, this 25th day of September, 2015.

Deborah A. Jackson
Mayor





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"Exploring Socio-Cultural Trauma, Healing The Family"

SATURDAY, OCTOBER 31st, 2015, 8:30AM-8:30PM



KEYNOTE SPEAKER,
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- * Mental Illness in The Black Community.
- * "Exploring the Socio-Cultural Trauma within The Family.
- * The Effects of Socio-Cultural Trauma in The Urban Church.
- * SANKOFA; Healing The Trauma, Empowering our Children.
- * Manhood Development Programming for Boys & Men
- * Post Traumatic Slave Syndrome.
- * Healing an Invisible Population: Low-Income African American Experiences of Witnessed Intimate Partner Violence (IPV) and Clinical Implications And Much More.....

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The Story of Collard Greens



Collards have played a major role in the lives of Black folk throughout our history. In a denomination of the Voodoo religion in the Caribbean Islands, the Collard Green was thought to ward off evil spirits or “Jumbi” with its bitter taste and coarse texture. From providing a source of much needed nutrition to providing a medium through which many Black people can communicate, collards have earned the nick name “Soul Food,” and it is well deserved. Collard greens, a close relative of Kale, have the highest concentration of calcium in a vegetable. This is extremely important because a large number of our people are lactose intolerant. Since the most popular calcium intake comes from milk, a serious problem is averted. The leafy green is also a great source of beta-carotene.

Antioxidant properties, which aids in the prevention of cell-breakdown and inhibits some forms of cancer. Considered roughage, collards serve as a home remedy for both constipation and diarrhea. Collards contain plenty of Vitamin A, Vitamin C, and plenty of calcium. Collards also contain large amounts of iron, and have remained a staple in the diets of African Americans for hundreds of years.

So the next time you get a hankering for some “Soul-food,” slow down and think about what it is that you’re really craving. Because underneath the great nutritional value of collards, there lies a value beyond nutrition, a value that lies in tradition, in the hearts of the children who’ve grown up watching their families prepare food with love. Soulfoods, that nourish more than the body, foods that nourish the soul.

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How to Cook 'Em

To prepare collard greens, wash them in cool water to remove dirt and grit. Now, it is widely accepted that at this point you would cut off and discard the tough stems. However, some recipes call for the unique taste and texture that the stems carry. Although people cook their greens in different ways, the most



basic is to heat 1 tablespoon of butter or olive oil; and stir in 6 cups of cut up collard greens until the greens are coated. Then add water and salt to taste, and bring rapidly to a boil. Cook over high heat until the greens are thoroughly wilted, then lower the heat and simmer until done. Collards cooked in this fashion taste great with fried fish and hot-water cornbread (some call them hush-puppies).



How to Grow 'Em

To grow Collards, start your seeds in a cold frame or in a greenhouse, then transplant your seedlings to the garden when they're 6 to 8 inches tall, spacing them 18-24 inches apart in rows 3 to 3 1/2 feet apart. Or you can sow seeds in a well prepared permanent row, or broadcast in a permanent bed, thinning or transplanting when your plants are 6 inches tall.



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Collards should be planted between July and November for eating during the winter months, and early spring for a mid-summer harvest. The winter harvest should be planted at least 6 to 8 weeks before the first expected frost. Timing is critical, however, because collards planted too early are vulnerable to late summer cabbage worms, while those put in too late won't be able to mature before cold weather slows or halts their growth cycle.

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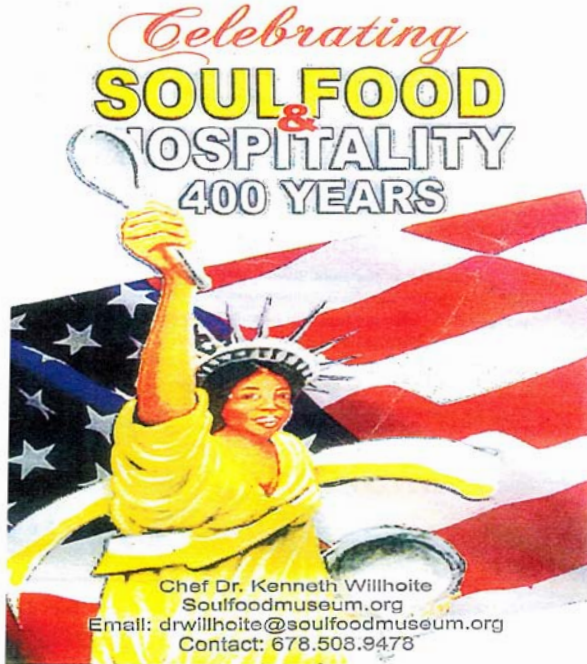
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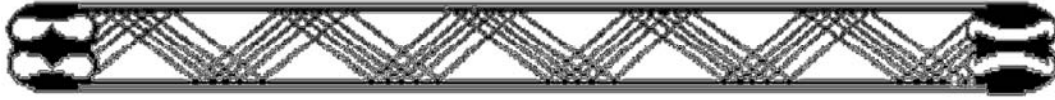
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The 6th Annual 2015 Atlanta Collard Greens Cultural Festival Schedule



Show Time	End Time	Name of Entertainer(s)	Featuring
10:00am	12:00am	Drum Circle	African Drumming
Libation/Prayer			
9:50am	10:00am	Baba Yoga	"We have the Power"
10:00am	10:15am	MC Intro/Welcome by Mayor Jackson	Proclamation
10:15am	10:20am	Lift Every Voice and Sing by James W. Johnson	Black National Anthem
10:20am	10:50am	DJ Sundjata	
10:50am	11:00am	Mr CardioTone	Cardio Urban Line Dance
Poetry			
11:00am	11:15am	Nehemiah Ray	Spoken Word
11:15am	11:30am	Zeke	Spoken Word
Collard Green News			
11:30am	12:00pm	Collard Green Story	Nobantu Ankoanda, Founder
12:00pm	12:15pm	Mr CardioTone - Cardio Urban Line Dance	Dwight Calhoun
Announcements			
12:15pm	12:30pm	DJ Sundjata	
Gospel			
12:30pm	1:00pm	Porcelain Doll Dancerettes	Evelyn Favors
1:00pm	1:30pm	Bakari And Friends	
1:30pm	2:30pm	DJ Sundjata	
2:30pm	3:00pm	Nita & Zamarr	Cornelia "Nita" Dolphus
African Dance and Drumming			
3:00pm	3:30pm	Kilombo Culture and Academic Institute	Singing Dancing Drumming
3:30pm	4:00pm	DJ Sundjata	
4:00pm	5:00pm	King and Queen Cook-Off Contest	2015 Winners
Hip Hop & R&B			
5:00pm	5:30pm	SideStreet Kid	Positive Hip Hop Rapp
5:30pm	5:45pm	Latrese Bush	Solo
Reggae Hour			
5:45pm	6:15pm	Rasta Funk	Keenan
6:15pm	6:45pm	Ras Kofi	"The Farmer"
Funk Hour			
6:45pm	7:00pm	Pobodies Nerfect	
Zydeco			
7:00pm	Closing	DJ Sundjata	
		Closing/ Unity Circle	
		Schedule Subject to Change, Thanks	



(Sesa Wo Suban ~ Adinkra Symbol of Transformation)

**The National Coalition of Blacks for Reparations in America
(N'COBRA)**

CONVERSATION REPARATIONS 2015

Key Anniversary Dates

- 200th** Paul Cuffee sets sail with his own ship bringing 38 African Americans and supplies to repatriate to Sierra Leone (December 10, 1815)
- 150th** Sherman's Special Field Order 15 –*40 Acres and a Mule*- (January 16, 1865)
- 150th** 13th Amendment Abolishing Slavery in America- Passed by House of Representatives (January 31, 1865)
- 150th** Freedmen's Bureau Act (March 3, 1865)
- 150th** Ending of the U.S. Civil War (April 9, 1865)
- 150th** Assassination of President Abraham Lincoln (April 15, 1865)
- 150th** JUNETEENTH (June 19, 1865 Galveston Texas)
- 150th** 27 States Ratify 13th Amendment (Beginning with Illinois Feb 1, 1865 –Ending with Georgia December 6, 1865)
- 150th** Ratification of the 13th Amendment (December 6, 1865)
- 100th** First Federal Lawsuit for Reparations –filed by Cornelius Jones and Callie House(July 1915)
- 90th** Birth of Malcolm X (May 19th 1925)
- 60th** Founding of Committee for Reparations for Descendants of U.S. Slaves - Queen Mother Moore(1955)
- 50th** Rev Dr. Martin L King calling for \$50 billion for Reparations (in Playboy Magazine Interview- January 1965)
- 50th** Assassination of El-Hajj Malik El-Shabazz aka Malcolm X (February 21, 1965)
- 50th** Bloody Sunday –Selma to Montgomery March for Voting Rights (March 7, 9 , 21-25, 1965)
- 50th** Recording of “40 Acres and a Mule” by Oscar Brown Jr.(July 1965)
- 50th** Passing of the Voting Rights Act (August 6, 1965)
- 50th** Watts Rebellion\Riots Los Angeles Ca. (August 11-17, 1965)
- 30th** MOVE Massacre Philadelphia Pa (May 13, 1985)
- 20th** Million Man March (October 16, 1995)

Information Compiled by: Jumoke Ifetayo – National Male Co-Chair NCOBRA

Reparations_jay@yahoo.com 678 437-7882

Atlanta Chapter NCOBRA Meets every 2nd and 4th Tuesday



The Collard Green Ice Cream Story



Did you say Collard Green Ice Cream? This is the usual reaction when someone first encounters this delicious nutritious treat. Mama Nobontu Ankoanda smiles radiantly as she explains, "I was given the idea to create this dish in 1998 while attending the Garlic Festival with my students in California. After tasting garlic ice cream, I knew that I could make something just as wonderful using my favorite food, collard greens." Almost fifteen years later, she has devoted followers across the country who rave about the frozen dessert. She still makes small batches because she wants to ensure that all the ingredients are just right. "I get calls and emails about Collard Green Ice Cream. I have even had to ship it across country."

What makes it so good? "Well, most importantly I insist on using only the freshest ingredients starting first with an almond based and organic collard greens. Of course,



I can't tell you all of my secrets", says Mama Nobontu. The most important thing is that Collard Green Ice Cream can be eaten by children and people with health issues, "You can enjoy it if you are lactose intolerant, gluten sensitive or diabetic." Watching a little person taste some for the first time is quite entertaining.

They look at the slightly green spoonful and don't quite know whether or not to take the plunge. But most soon beg for more as the uniquely smooth flavor goes down their throats.

Are there plans to expand in the future? "Collard Green Ice Cream has been the focus food at our Collard Green Cultural Festival in East Palo Alto, California since 1998. In 2010, we were blessed to bring the festival to Atlanta and introduce this special taste to the South. It is presently known as Collard Greens Ice Supreme™. We are currently working to put it on shelves across the country." If you can't wait, you can always order online at www.atcollardgreenfestival.com - CAJ





KENYAN-STYLE COLLARD GREENS WITH LEMON

SERVING SIZE: 6 PEOPLE

- 2 pounds collard greens
- 1 tablespoons canola oil
- 1/2 cup finely chopped onion
- 1 jalapeno pepper (seeded), minced
- 2 medium plum tomatoes, peeled, seeded and chopped
- 1/4 teaspoon salt
- 1/4 freshly ground black pepper
- 1 tablespoons lemon juice

Wash the collard greens in several changes of water. Remove the stems . Stack the greens a few a at time and cut cross wise into 1/2 inch wide strips. Bring a large pot of water to boil, and the collard greens and cook 10 minutes. Drain and rinse with cold water. Squeeze out the excess moisture. Heat the oil in a large skillet. Add the onion and jalapeno; sauté 5 minutes. Add the tomatoes and cook 1 minute. Stir in the greens. Salt and serve.



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Carry on the tradition of independent Black education. The Creator and the ancestors have given us everything we need to educate our children ourselves. It is our responsibility. Congratulations to Mama Nobantu and the Collard Green Festival!



PURE SOUL

(Crowns for the King and Queen)

Hello! I am truly proud to be a part of this wonderful (Collard Green) festival. I give thanks to Nobantu and friend's for giving me the opportunity to create the crowns that represent culinary excellence.

When Nobantu called me to tell me that I had been selected to create the accessories. I began designing the concept 's right away. Well as it turned out., they were just that, concept's I had to brain storm because there needed to be an idea that will display royalty and not just a cheap, thrown Together Piece of fabric. Through that experience of creating this remarkable ensemble, I have learned that one's personal schematic is not always ' the idea that will be finalize. Many times the creation is pre-designed by the creator of our Universe and our third eye is the receiver in such a way that only our hand's perform the work's; in other words, we are sometime guided by an unknown entity, but, when



the results are revealed it's "something else".

Most of the details of the accessories are hand sculpted using tree limb's and fresh collard green I eaves. The Collard green leaves are preserved and laminated using a common solution and then color enhanced. The Crowns are made of natural burlap cloth that I chose to use because of our African American history involving burlap or croaker sack material. It was a common medium for just about everything that we needed to use cloth for, so now I make it royal, in brown. The gold trim that follos the seam on both crown's display the royalty. The collard green is one of the most nutritious vegetables, deserve the crown. It has been within the African-American community for at least 400 hundred plus years. There are two shawl's or scraves that add uniqueness to the ensemble, but last and not least (at all) are the King's cane/staff amd the Queen's fan. Both of these items are handmade. Pride and honor should be considered when using them.



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