

WHO CAN COOK THE MEANEST GREENS IN METRO-ATLANTA?

IT MAY BE YOU!!!!

ENTER IN THE CONTEST BY
SEPTEMBER 23, 2022

COLLARD GREENS KING AND QUEEN COOK-OFF@
THE 13TH ANNUAL ORIGINAL



COLLARD GREENS

CULTURAL FESTIVAL
EST. 1998

SUNDAY, SEPTEMBER 25, 2022
@LITHONIA PARK & AMPHITHEATER 12N-8PM

2515 Park Drive Lithonia, GA 30058

REQUIREMENTS:

Complete application on our website: www.collardgreenculturalfestival.com

1ST PRIZE \$500 | 2ND PRIZE \$250 | 3RD PRIZE \$100

Send **\$35 Entry Fee** to: \$MamaNo

Bring your dish plus 100 3 oz samples by Noon September 25, 2022

For further information call our hotline: **800-253-3397**

SPONSORED BY THE EAST COAST/WEST COAST ORIGINAL COLLARD GREEN
CULTURAL FESTIVAL PLANNING COMMITTEE

EAT MO' GREENS!





13th Annual Collard Greens Cultural Festival

Sunday, September 25, 2022

Lithonia Amphitheater

2515 Park Dr, Lithonia, GA 30058

www.collardgreenculturalfestival.com

Executive Committee Members:

Dr. Nobantu Ankoanda
Folami Ankoanda-Thompson
Deborah "Mama Dirt" Rolley
Dr. Kenneth Willhoite
Jacquiline Johnson-Dickson
Dub Norm
Bob Johnson

Community Partners:

African American Family Farmers
African Community Center
Black Vegetarian Society of Georgia
Kuumba Storytellers
English Avenue Project
Kilombo Academic and Cultural
Institute
Nsoromma
AWEC
HABESHA
First Afrikan Church
National Black Men's Health Network
National Soul Food Museum
N'COBRA (Atlanta Chapter)
Pearl Academy Agriculture
Environmental Center
Sevananda
Shrine of the Black Madonna
Black Sustainable Communities
Summit
The People's Village Project
Truly Living Well Farms WRFG

Dear Mayor Reynolds and City Council of Lithonia:

On September 25, 2022, we are excited to return to Lithonia for the 13th Annual Collard Greens Cultural Festival. This will be the first festival after Covid-19, and we are rapidly gearing up to make it the best CGCF ever. In 2013, we were invited by City leadership to bring the festival to Lithonia because of the positive impact it would make. Our mission is to promote family, community unity and healthy lifestyles while celebrating the rich cultural heritage and traditions of African Americans. It is our desire to continue to build on our past relationship. We ask that the City of Lithonia join us, once again, to serve as our Official Host.

This is an exciting platform on which to build a better awareness about overall wellness. We plan to feed not only the senses and body with tasty food and music, but also feed the soul. Attendees will be able to learn from some of the best alternative healers in Georgia while being evaluated at our Wellness Pavilion. Our youth will hear stories and share their vision of a greener future at Sproutland. The Sustainability Pavilion will return with participants presenting information on everything from solar energy to organic gardening.

Why a Collard Greens Cultural Festival? As a community, we have always lived green. Our food is an expression of our love. Today, we must learn to take favorites like collards and prepare them in ways that are healthier. Our "King and Queen Collard Green Cook-off" for the people who can cook the best greens in Georgia is a fun, creative way to inspire everyone to eat healthier. And of course, do not forget the Collard Green Ice Cream, "the healthiest cream on the planet!"

Entertainment includes Gospel, Blues, Jazz, Reggae, Hip Hop, R&B, DJ), Arts and Crafts, Farmer's Market, Food Vendors, and Exhibitors.

Sincerely,

Nobantu Ankoanda

Nobantu Ankoanda, Ed.D
Founder/Event Planner

Welcome to the 13th Annual Original Collard Greens Cultural Festival



Welcome to the 13th Annual Metro Atlanta Original Collard Greens Cultural Festival. After two years of being virtual, we are returning for the eighth year to the City of Lithonia. The Planning Committee is grateful for our relationship with this special community. It is an enclave of African American leadership and growing economic opportunity. The Amphitheater is a perfect setting for the day full of fun, food, and edutainment we have planned for you. Our overall mission is to develop a strong mindset for people to eat healthier and live healthier lifestyles.

Fall is a wonderful time for community festivals in the Metro Atlanta. The weather is perfect and people are eager to get out and relax. It is also a time for harvesting the last bounty of the year. The Collard Greens Cultural Festival is a family celebration for all ages and many cultures. Since its inception in 1998, and for more than seventeen years people have gathered on the West Coast for this same event.

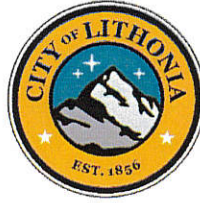
It is our hope that one day we will bring this festival to Africa. We especially would like to share with Nigeria or Ghana where many of our food traditions originate. It is interesting that as in Nigeria, greens are not often included in their meals. I hope to change that one year by bringing the Collard Green Cultural Festival to these and other African countries.

We are pleased to continue bringing this festival to the South where collard greens have sustained people of African descent. Today, we will show you how to take your grandmother's recipes and make them healthier. Our food has always nurtured and sustained not just our bodies but our souls. Now, more than ever we need to feed ourselves physically, mentally and spiritually. Make sure to visit the Wellness Pavilion and gain some insight from a group of wonderful holistic practitioners.

Finally, we recognize that this festival is also an Act of Resistance. It is a place to reclaim our stories and correct narratives of oppression. We are on the spectrum of all Black Movements which call for the continued liberation and upliftment of our people.

We stand with Black Lives Matters, Black Alliance for Just Immigration, Black Girls Code, Common Ground Foundation, N'COBRA, Malcolm X Grassroots Movement and Black Votes Matter. As brothers and sisters of the Diaspora, we lend our voices to the efforts to unify the continent of Africa called the Pan African Federalist. Today, we will offer you a bowl of greens with liberation on the side.

Eat mo greens,



HISTORIC CITY OF LITHONIA, GEORGIA

Proclamation by the Mayor and City Council of Lithonia Georgia to Recognize The Original Collard Greens Cultural Festival EST. 1998



WHEREAS, The 13th Annual Original Collard Greens Cultural Festival in the City of Lithonia celebrates the strong traditions, culture, and historic contributions of African Americans and others from the diaspora; and

WHEREAS, The Festival promotes family unity and the importance of healthy eating and living; and the Lithonia community looks forward to the culturally rich and diverse activities that are planned for the daylong celebration on September 24, 2022 at the Lithonia City Park; and

WHEREAS, The Festival includes a King and Queen collard Greens cook-off, arts and crafts, vendors, free health screenings, cooking demonstrations, and sprout Land to teach children about planting food; and

WHEREAS, The Festival is an opportunity to expose the community to the rich component of collard greens including collard green ice cream, collard green soap, greens with dumplings, and collard green chips, just to name a few; and

WHEREAS, The Lithonia community will be enriched and nourished by this fun-filled celebration.

NOW, THEREFORE, BE IT RESOLVED by the Mayor and Council of the City of Lithonia, Georgia, that we do hereby recognize the 2022 Original Collard Greens Festival held on Saturday, September 24, 2022, be celebrated as a day of cultural heritage and pride throughout the area.

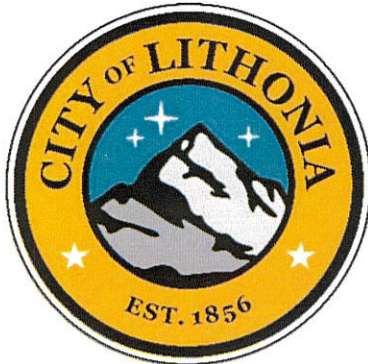
So Resolved, this 24th day of September 2022

Attest:


Shameka S. Reynolds, Mayor


Robinette Blount, City Clerk





MAYOR SHAMEKA S. REYNOLDS

CITY COUNCIL MEMBERS

DAROLD P. HONORE' JR., MAYOR PRO TEMPORE
DIANE HOWARD
AMELIA INMAN
VANERRIAH WYNN
YOLANDA SHEPPARD

ADMINISTRATIVE STAFF

DONALD DEJARNETT, CHIEF OF POLICE
QUINTON MONSON, PUBLIC WORKS DIRECTOR
ROBINETTE BLOUNT, CITY CLERK

City of Lithonia
6920 Main Street
Lithonia 30058
Phone: (770) 482-8136
www.lithoniacity.org

Mayor Shameka S. Reynolds
City of Lithonia, Lithonia Municipal Complex
Office of The Mayor
6920 Main Street
Lithonia, GA 30058

September 14, 2022

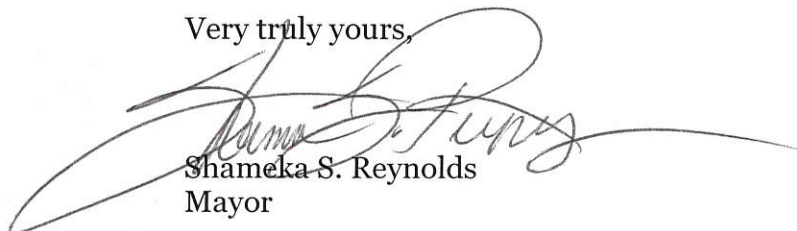
Greetings from The Historic City of Lithonia Georgia!

We are pleased to host another Annual Original Collard Greens Cultural Festival. The City of Lithonia serves as a strong anchor of cultural events in DeKalb County. The tradition of culture and music started long ago with artists such as James Brown, Little Richard and Lithonia's own Brenda Lee.

The Collard Greens Cultural Festival brings together families and the community to learn about the history of collard greens and its health benefits. We look forward to the great musical talent that will be performing covering the range of music genres from the Blues, Jazz, and Reggae to Hip Hop!

Our thanks are extended to the Collard Greens Cultural Festival Committee and the volunteers who have worked diligently to make the event a success. We know that everyone who attends the Festival will have a great experience and a chance to enjoy some collard greens ice cream!

Very truly yours,



Shameka S. Reynolds
Mayor

REPARATIONS, IN OUR LIFETIME!

Nkechi Taifa, Esq.



The quest for reparations for the descendants of African people enslaved in the United States is a legitimate concept that has entered the mainstream and is finally being seriously considered. The remedy is not limited to harms from the enslavement era, but also for lingering impacts which still manifest today. Indeed, the illegal kidnapping, cultural assault and nearly 300 years of forced free labor, followed by 100 years of convict leased labor, black codes, sharecropping, the peonage system, lynchings, mass murders, systemic racism, Jim Crow, gerrymandering, redlining, educational inequities, health disparities and mass incarceration, still exist within the collective genes of Black people in this country. The harms were multi-faceted; thus, remedies must be as well. Indeed, reparations can be fashioned in as many ways as necessary to equitably address the countless manifestations of injustice emanating from America's original sin.

The issue of reparations is no longer fringe, but now front and center. The conversation is growing. There are now more faith organizations, sororities and fraternities, professional and social justice groups and civil and human rights organizations than ever, advancing reparations. Congressional legislation for reparations is escalating under the leadership of Congresswoman Sheila Jackson Lee with more co-sponsors to HR-40 than ever in history. A Senate companion bill, S-40, has been introduced by Senator Cory Booker. California passed legislation establishing a state-wide commission to study and develop reparations proposals, is engaged in historic hearings, and recently issued a comprehensive Interim Report. Local jurisdictions are enthusiastically establishing commissions, including reparations initiatives to establish task forces in the cities of Asheville, North

Carolina; Chicago, Illinois; Providence, Rhode Island; St. Paul, Minnesota; Amherst, Massachusetts;

Burlington, Vermont, Detroit Michigan, Greenbelt, Maryland and more.

Evanston, Illinois is a trailblazer, having authorized the use of \$10 million of tax revenue from the city's recreational cannabis industry to fund reparations initiatives in the community, starting with redlining. Chicago passed a reparations ordinance providing reparations to victims of police torture, amongst other amends. The U.S. Conference Mayors, the Players Coalition of professional athletes, coaches and owners across leagues, Amalgamated Bank, and many more have picked up the banner to endorse reparations. White allied groups are committed to truth-telling. Ben and Jerry's Ice Cream has issued a call to corporations to collectively use their power and privilege to reckon with the past.

The Virginia and Princeton theological seminaries are addressing reparations, and dioceses of the Episcopal Church in several jurisdictions have committed monies as a moral statement of the church's historic complicity. The financial backers of many of the country's top universities were wealthy slave owners. Georgetown University, which stands today because of the sale of Black people owned by its founding Jesuits, has announced \$100 million towards descendants of those that saved the university from bankruptcy. Harvard University has dedicated \$100 million to begin to atone for its extensive ties to enslavement and perpetuation of racial inequality. A reparations bill passed the Virginia legislature in 2021 that targets five schools with ties

to slavery, including the University of Virginia and the College of William and Mary, all of whom owe their foundational success to the forced labor of enslaved human beings who helped build and run the institutions in their early days.

Indeed, caskets are opening up across the country uncovering more and more evidence of historic racial atrocities, lynchings, and massacres. Past damages are being uncovered and redressed, such as the governmental theft of the lucrative Black-owned Bruce's Beach property in Manhattan, California. There are current efforts for redress from Ocoee, Florida's 1920 election day bloodbath and the 1919 terrorism that ravaged Elaine, Arkansas's Black community. The land housing the unimaginable horrors of Atlanta's Chattahoochee Brick Company which continued slavery in the name of convict leasing, is being reclaimed by the people. Renewed litigation is underway to achieve reparatory justice in Tulsa, Oklahoma. Recommendations from the 2000 Commission investigating the 1898 racial insurrection and coup d'état in Wilmington, North Carolina are still waiting to be passed by the legislature. In 2019

remnants from the slave ship Clotilda were discovered, which in 1860 illegally transported Africans to Mobile Bay, Alabama -- more than 50 years after the slave trade was abolished -- and descendants today are seeking amends.

The role that federal, state, and local governments, corporations, industries, religious institutions, educational institutions, private estates, and other entities played in supporting the institution of slavery and its living legacies are roles that can no longer be ignored, dismissed, or swept under the rug. It's a new day, with new energy and new possibilities. The fruit that we see today emanated from historic seeds that were planted and watered for generations. Reparations is no longer a stretch of the imagination or an unobtainable goal but, very likely, a reality, and achievable in our lifetime.

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Nkechi Taifa is an attorney, scholar-activist and author of the best-seller memoir, *Black Power, Black Lawyer: My Audacious Quest for Justice*, and an upcoming book, *Reparations on Fire: How and Why its Spreading Across America*.



The Collard Green Ice (No) Cream Story



Did you say Collard Green Ice Cream? Yuck! This is the usual reaction when someone first encounters this delicious nutritious treat. Mama Nobantu Ankoanda, former principal, teacher, educator and community activist, smiles radiantly as she explains, “I had an epiphany to create this frozen desert in 1998 while attending the famous Garlic Festival with my students in Gilroy, California.

After tasting the garlic ice cream (horrible), I knew that I could make something much better using a favorite food among Black folks around the world, collard greens!”

Now, eighteen years later, she has devout followers across the country who rave about this unique frozen dessert. She presently works with a manufacturing company that produces her product. However she still makes small batches because she wants to ensure that all the ingredients are just right. “I frequently receive calls and emails about the Collard Green Ice (no) Cream. I have had to ship it across country.” What makes it so good? “Well, most importantly, I insist on using only the freshest ingredients starting with an almond and cashew base with organic collard greens. Of course, I can’t tell you all of my secrets”, says Mama Nobantu.

One of the most important points about Collard Green Ice (no) Cream is that it can be eaten by anyone except those with various nut allergies. However, according to Mama Nobantu, “You can enjoy this frozen dessert if you are lactose intolerant, gluten sensitive or diabetic because there are no dairy ingredients used.”



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 they indulge and enjoy the uniquely smooth flavor going down their throats.

Are there plans to expand in the future? “Collard Green Ice (no) Cream has been a main focus at our Collard Green Cultural Festival since it began in East Palo Alto, California in 1998. Mama Ankoanda states, “In 2010, we were excited to bring the festival to Atlanta and Lithonia (2013) as an introduction to this special taste to the South. We are currently working to mass produce this incredible product to frozen grocery shelves across the country. So don’t be surprised when this treat shows up at your nearest grocery store. “



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- * Pelvic Pain Management
- * Laparoscopic Surgery
- * Weight Loss Management
- * Natural & Herbal Supplements

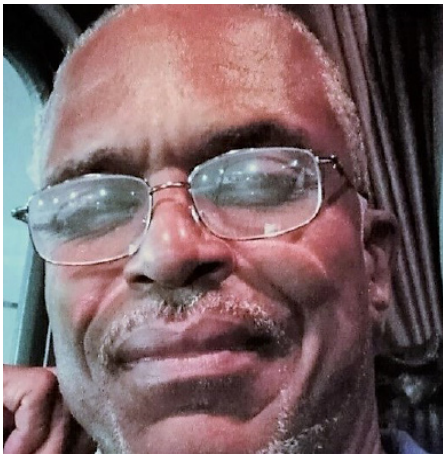
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We Are Family

A Commentary
by Jelani Ukweli

Who looks out for Our Family?
Who looks out for Our People!
Who is responsible for Our People?

Television, film-makers and the media deliberately ensure that most of the Black people they broadcast are doing everything But looking out for Us! The same can be observed with Black politicians on the political scene. Their role is not to look out for Black communities but to appease and uphold the campaign promises of non-black people.

that individual monetary success will give Our people power! To the contrary, it will only make Us self-centered, individualistic...and weak as a People. What they neglect to relay to Us is that the United States of America is a nation of groups and ethnicities whose power is derived from the way they are glorifying their identity and aggregating their resources and talents!"

Our success will only come when We begin to love Our people enough to build Functional Black Communities with the ability to interact, care for each other and trust one another. That is the source of power for every other ethnicity! We are Family. Therefore, when we work together and teach Our children to care-for, think-for, and defend our people, We are looking-out for Our people and training Our children to look-out for Us too! This is what will create the successful vibrant and safe communities we desperately need.

Amen and Ashe'

This agenda of the media is the root of Our problems. Our agenda should be different. We desire power, resources, happiness and protection for Our people. The media instills negative values to Our people to believe



THE ORIGINAL
COLLARD GREENS
CULTURAL FESTIVAL

SATURDAY, NOON-8PM VIRTUAL YOUTUBE
SUNDAY, NOON TO 8PM LIVE EVENT

SEPTEMBER 24-25, 2022

SUNDAY EVENT LOCATED @LITONIA AMPHITHEATER
2515 PARK DR. LITONIA, GA 30058



We invite you to our 13th Annual Original Collard Greens Cultural Festival to celebrate our rich culture, history and traditions of Afrikan and Afrikan-American Food with your health in mind. There will be a variety of music and edutainment to school you on how to live green, sustainable and healthier lifestyles.

Featuring Wellness Pavillion, Sustainable Pavillion, Children's Sprout Land, African Market Place, Arts & Crafts Vendor Commercial, live and videos of Gospel, Blues, Reggae, Jazz, R&B, Hip Hop music, DJs and more.



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SPROUT LAND	CULTURAL PRESENTATIONS	RAFFLES

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HOTLINE NUMBER: 800.253.3397

REGISTER NOW AT OUR NEW OFFICIAL WEBSITE BELOW:
WWW.COLLARDGREENSCULTURALFESTIVAL.COM




The Original Collard Greens Cultural Festival 2022

Stage Schedule

Time	Name	*Bands
11:30 AM	San Conscious Drummers	
12:00 PM	Welcome/ MC Intro DJ Sundjata	
12:00 PM	Libation/Kwame Kalimara	
12:30 PM	Lift Every Voice Anthem/DJ Music	
	ALL COLLARD GREEN COOK-OFF CONTESTANTS MUST ENTER THEIR DISHES BY 1:30 PM	
1:00 PM	Collard Green Story—Nwanne Di Na Mba Nobantu Ankoanda	
1:30 PM	Egun Omode Performing Arts Collective	
1:45PM	O C K on Harmonica	
2:00 PM	EastXOWest	
2:30 PM	Each One Teach One Students and Dance Ensemble	
2:45 PM	Kilombo Dancers	
3:00 PM	Goddess Imani and Band @msmanimacksings*	
3:45 PM	Baba Sol @bushman.atl	
4:00 PM	Zema Love Fire @zemaalovefire	
4:15 PM	Collard Green Cook off Winners And Mayor Proclamation	
4:45 PM	Surprise Guest	
5:00 PM	Ashayla Anu @ashaylaanu	
5:15 PM	Dahmeneekah @Dahmeneekah	
5:30 PM	Al Blaze @mypakkmarketing	
5:45 PM	Rasta Funk	
6:00 PM	Kindal Tate @kindaltatemusic	
6:15 PM	Josh Moreland @joshmoreland	
6:30 PM	EDI Callier & The Experience @edicallier*	
7:00 PM	Lawton Flats Avenue Band	
7:30 PM	Closing Unity Circle	
8:00 PM	Close Stage and Festival	



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Pan African Federalist Movement (PAFM) - North America “African Political Unification in the Decade of the 2020’s”

My name is Mwalimu K-Q Amsata and I have the honor and privilege of being the Coordinator of the Pan African Federalist Movement (PAFM) in North America www.pafm-northamerica.org and the author of the recently published book: “The New Pan Africanism 2020” website: <https://unitedafricaby2020.org> Here in Atlanta, the Coordinator of our PAFM Local Coordinating Committee (LLC) is Sister Nobantu Ankoanda (Email: nankoanda77@gmail.com / Cell: 650-766-5463). The Deputy Coordinator of the Atlanta LLC is Brother Kimbizi (Email: merritt.byron@gmail.com / Cell: 404-387-3176).

The sole mission of the Pan African Federalist Movement (PAFM) is to bring into political existence the United African States, as a sovereign Pan African Federation (PAF). The Regional Coordinating Committee (RCC) of North America has responsibility for the leadership of the Pan African Federalist Movement (PAFM) in North America, i.e., the United States and Canada. There are comparable RCCs representing the PAFM in West Africa, East Africa, Southern Africa, Central Africa, the Caribbean, Latin America, Europe, etc.

There are 47.8 million African people in the United States which make up 14.6% its population. The overwhelming majority are descendants of Africans who were kidnapped from Africa & forced-migrated to, and enslaved on, the land of the United States of America, for 246 years (1619-1865). To the north, Canada currently has a Black/African population of 1.2 million that make-up 3.5% of that country's total 37.4 million population. If African people in the whole of North America constituted a sovereign nation/state, it would be the 8th most populous African country in the world, ahead of Uganda, whose population is 45.7 million and right behind Kenya, whose population is 52 million.

The PAFM in North America is fully committed to the PAFM's vision, mission and campaign for the birth of the United African States i.e. a sovereign Pan African Federation. We see the Pan African Federalist Movement's International Congress, currently being

planned for December, 2023, as the strategic vehicle to make this happen. We look forward to the re-emergence of Africa as a benevolent world power. In preparation for the Congress, our primary mission is to reach out to the population centers in North America that have a large and significant African presence and establish State and Local Coordinating Committees, therein. Towards this end, we have identified 67 cities in the United States that have a large presence of Black/African people. Atlanta is near the top of the list.

On May 25-26, 2018 we convened a North American PAFM Conference, in Washington D.C. Seven months later, from December 8-13, 2018 our representatives, from North America, met with our global counter parts in Accra, Ghana at a Pre-Congress. (See attached photo of Baba Mwalimu K-Q Amsata (Coordinator PAFM-North America) with the daughters of Kwame Nkrumah, (Samia Nkrumah) and Malcolm X (Malaak Shabazz) that was taken at this event).

It was at this PAFM Pre-Congress that we officially launched the campaign for the birth of the United African States. The Coordinator, Secretary General and Deputy Coordinator of the PAFM in the North American Region now serve on the International Preparatory Committee (IPC), with our counter part from the other RCCs across the globe. The primary mandate of the IPC is to lay the groundwork for the PAFM's International Congress that will establish the final machinery to bring the United African States into political existence.

For additional information about the PAFM North America please see the fact sheet We need your support to make the United African States a political reality. Please join us by signing on to our new website and signing our petition and Call. Support our efforts online through our Gofundme and CashApp: \$PAFM2NorAm.

Asante Sana (Thank you very much)

Peace, Blessings and African Unity !

GENERAL CONTACT INFORMATION

Website: <https://www.cbpm.org/pafmnoram>
Baba Mwalimu K-Q Amsata, MPA
Coordinator, North America-RCC, Pan African
Federalist Movement

Dr. Mama Nobantu Ankoanda, Secretary General
nankoanda77@gmail.com

E-Mail: unitedafrica2020@aol.com
Voice/Text/WhatsApp: (518) 649-7798

<https://www.gofundme.com/f/north-america-pafm-convention-2020>



Collard Green Recipes



SAUTEED COLLARDS AND KALE

Simply Stews- Susan Wyler

1 Large bunch collards, 1 1/4 lbs
1 Large bunch kale, 1 1/4 lbs
3 tablespoon olive oil
6 cloves garlic, finely chopped
1/2 teaspoon salt
1/2 teaspoon freshly ground pepper
4 teaspoons fresh lemon juice

Rinse collards and kale well in a large bowl of cold water. Drain and cut off the tough stems there will be about 3/4 pound of green. Cut leaves into 1/4 inch strips. There will be 6 to 8 tightly packed cups. In a well seasoned wok, heat the olive oil over moderately high heat. Add the garlic and cook, stirring stirring, 30 seconds. Add half of the greens and cook stirring for about 1 minute, until they begin to wilt. Add the remaining greens and cook stirring, constantly for 8 to 10 minutes, until the greens darken slightly and are fairly tender. Season with salt, pepper, and lemon juice. Serves 4.

COLLARD GREENS WITH DUMPLINGS

Submitted by: Dorothy Sanders (Alabama)

1 part fresh pod red pepper or powdered pepper
3 large bunches of collard greens
1/4 cup olive oil
4 cups of boiling water
1 teaspoon of brown sugar
1 1/2 cup of corn meal
1 egg

2 teaspoons of salt
(Optional) Cured turkey in small pieces

Wash greens, remove stems and cut into shreds or pieces. Put oil in a large Dutch oven or any pot with a tight lid. Let greens simmer for about a one- half hour in the oil with a little water. Add boiling water to the greens enough to cover three inches above the greens. Cook until they're nice and tender. Add salt and pepper and sugar at the half hour point.



TO MAKE THE DUMPLINGS

Place the cornmeal in a mixing bowl and add the eggs, 1 teaspoon of salt and boiling water, enough so you can roll, cut or drop by spoon into the pot. Let the combined greens and dumplings cook for about twenty more minutes or until the cornmeal is cooked all the way through.

GREEN GUMBO SOUTH CAROLINA

Submitted by: Kiesha Azibo Evans

Chopped greens, tomato sauce, okra, shrimp, olive oil, salt and red pepper

Use a large stainless steel pot. Sauté onions and garlic in olive oil. Chop greens and add to pot stirring all the time. Then add half cup of water and boil the pot stirring all the time. Then add half cup of water and boil the pot for 10-15 minutes. Add tomato sauce and one tablespoon of olive oil. Boil greens until tender. Add shrimp and then add okra. Boil slowly and add red pepper, salt and a bay leaf.

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, ad 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



Data per serving (for 6 servings):

- Calories...115
- Carbohydrates...15g
- Monounsaturated fat...3g
- Protein...6g
- Sodium...176g
- Polyunsaturated fat....2g
- Fat...5g
- Saturated Fat...0g
- Cholesterol...0mg

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Growing Collards

Can I Grow Collards?

Collards prefer rich, well-drained soil in full sun. In spring sow seed directly in the garden 1/4 to 1/2 inch deep after danger of heavy frost. Space the rows 30 inches apart. Thin seedlings to 6 to 8 inches apart. You can also start the seeds indoors 4 to 6 weeks before transplanting. The plants need 1 to 1-1/2 inches of water every week.



What is Collards Plant History?

A close relative of cabbage and kale, collards form rosettes of leaves rather than heads. They are rich in vitamins and minerals, and have a delicious, mild, cabbage like flavor. Collards are easier to grow than cabbage, as they tolerate a wider range of temperatures and growing conditions. They can withstand temperatures as low as 10 degrees F, but also grow well in hot summer weather.

Collards Harvest Tips

Harvest whole collard plants when they are 6 to 8 inches tall. Or, pick the bottom leaves as you need them, and the inner buds will keep producing more foliage. Wait until after a light frost to harvest in fall, as frost sweetens the flavor.



AfroCentric Network



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Moringa Seeds



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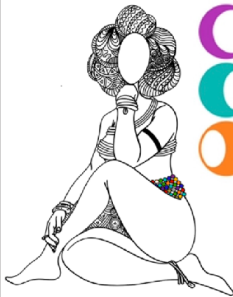
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WAIST BEADS by AYODELE
 www.duafedesigns.com
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Ayodele is the owner of and creative design artist for DUAFE DESIGNS, a waist bead boutique located in Oakland, Ca. Ayodele has 16+ years of experience as a waist bead practitioner with comprehensive knowledge on the African cultural tradition of waist bead adornment and its alignment with the divine feminine. Ayodele offers an array of colorful, traditional and signature designs and custom fits for girls and women of all ages, sizes and shapes. Ayodele is a culture keeper dedicated to preserving African culture and uplifting, inspiring and empowering girls and women through all seasons of life.

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