

THE CITY OF LITHONIA PRESENTS:

THE ORIGINAL

COLLARD GREENS

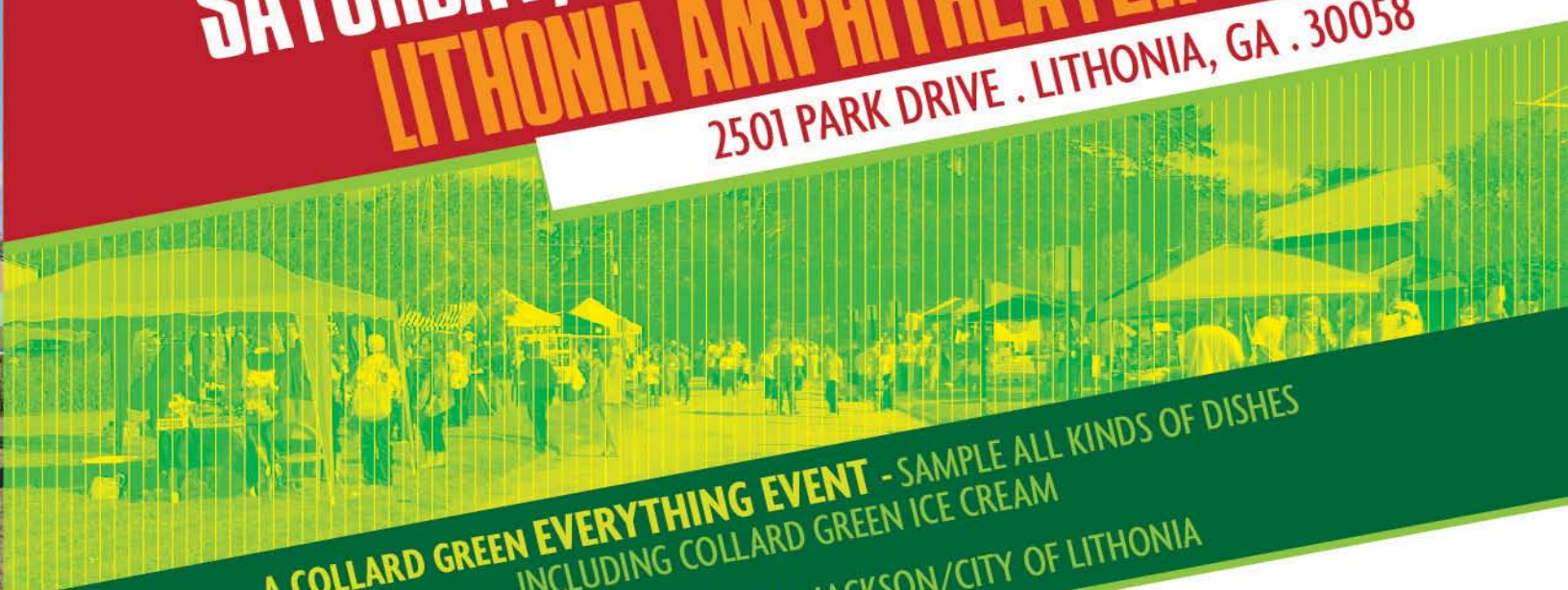
CULTURAL FESTIVAL

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

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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 sixteen years people have gathered on the West Coast, and once again, we are pleased to bring this phenomenon back to the South. Our host for the fourth year is Mayor Deborah A Jackson and the City of Lithonia. We are proud to be part of a growing historic city.

We will be partnering with the African Sustainability Communities who will be launching their second 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. Carton mascots of Bino and Fino from Nigeria, West Africa will make a surprise appearance.

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 or 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.



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September 24, 2016



Welcome to the City of Lithonia, Georgia!

We are pleased to host the Original Collard Greens Cultural Festival once again this year! The City is proud to be one of the anchors in DeKalb County for cultural and community events that are educational, family-oriented and lots of fun!

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

We are looking forward to a great time and the results of the King and Queen Collard Greens Cook-off as well as enjoying some collard greens ice cream! We also invite you to visit our businesses on Main Street in Downtown Lithonia while you are in the area. We have great restaurants, video gaming, fashion, and barbers and hair stylists to keep you looking good!

Best wishes,

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

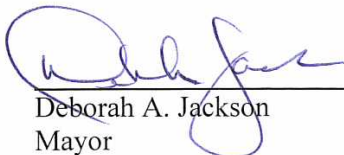
WHEREAS, The Lithonia community supports coming together to promote family and looks forward to the culturally rich and diverse activities that are planned for the day-long celebration at the Lithonia City Park; and

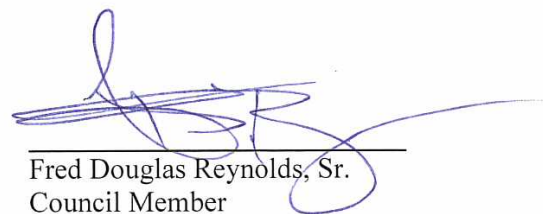
WHEREAS, The Festival includes arts and crafts, vendors, free health screenings, cooking demonstrations, and Sprout Land to teach children about the importance of learning to plant food; and


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.

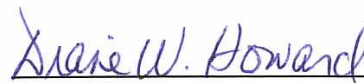
NOW THEREFORE, BE IT PROCLAIMED, By the City of Lithonia, Georgia that the 2016 Original Collard Greens Festival being held on Saturday, September 24th, 2016 be celebrated as a day of cultural heritage and pride throughout the area.


So Resolved, this 24th day of September, 2016.



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Mayor


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The Story of Collard Greens

Collard greens have played a major role in the lives of Black folks throughout our history. In a denomination of the Voodoo religion in many of the Caribbean Islands, Collard Greens 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 African American people can communicate, collard greens have earned the nick name "Soul Food," and it is well deserved.

Collard greens are part of the same plant species that include kale and spring greens. They have the highest concentration of calcium in a vegetable. This is extremely important because a large number of African Americans are lactose intolerant. With the most popular calcium intake coming from milk, collard greens provide great alternative sources of calcium which is more readily digestible. Collard greens are also a great source of beta-carotene and Vitamin K.



Another value of Collard greens is that they contain antioxidant properties, which have been shown to lower glucose levels, aid in the prevention of cell-breakdown and inhibit some forms of cancer. Considered roughage, collards serve as a home remedy for both constipation and diarrhea. Collard greens contain Vitamin A, Vitamin C, and iron. They 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 the nutritional deficiency of what your body is really craving.

Underneath the great nutritional value of collard greens lies a value beyond nutrition, a value that lies in tradition, in the hearts of the children who have grown up watching their families prepare food with love. Soul food represents a collection of foods that nourish more than the body; they are foods that nourish the soul.

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Collard Greens Festival Stage Schedule 2016

Time	Group Name
11:30	African Drummers
11:30	Libation and Prayer- Baba Yoga
12:00 PM	Lift Every Voice...
12:10 PM	Welcome/ MC Intro
12:20 PM	Collard Green Story
12:30 PM	DJ Sundjata
ALL COLLARD GREEN COOK-OFF CONTESTANTS MUST ENTER THEIR DISHES BY 1:00 PM	
1:00 PM	DJ Sundjata
1:30 PM	Kilombo Youth Dancers
2:00 PM	Ife
2:15 PM	Zayd
2:30 PM	The Real Eastico
2:45 PM	Ra Da Lyricist
3:00 PM	DJ Sundjata
3:30 PM	Rasta Funk
4:00 PM	Collard Green Contest
4:30 PM	Mausiki Scales and the Common Ground Collective
5:00 PM	Experiment of Light
5:20 PM	DJ Sundjata
5:30 PM	Jermain Hardsoul
5:45 PM	Radiance Major
6:00 PM	Alex Marion
7:00 PM	Closing/ Unity Circle

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How to Cook 'Em

Traditionally to prepare collard greens, one would diligently wash them in cool salty water to remove dirt, grit and worms. The worst experience ever is to bite into deliciously cooked greens that were improperly cleaned, and as a result deemed inedible. Today, collard greens are partially cleaned before they reach your super markets which helps to decrease the preparation time. It is widely accepted that as one is preparing collard greens for cooking the tough stems would be cut off and discarded. However, some recipes call for the unique taste and texture that the stems carry.

Although cooked collard greens are a dish many associate with the American south, it's actually a cool weather plant that grows better in the fall. There are a

few variations to the collard, but there is not much difference between them. All plants are green and look fundamentally the same. Georgia is the most popular variety among home gardeners.

Although people cook their greens in different ways, one of the most basic cooking methods is to heat 1 tablespoon of butter or olive oil in a pot and stir in 6 cups of cut up collard greens until the greens are well coated. Next add water and seasons to taste, and then rapidly bring the mixture to a boil. Cook over high heat until the greens are thoroughly wilted, then lower the heat and simmer until the collards are adequately tender and fully cooked. Collards cooked in this fashion taste great with fried fish and hot-water cornbread (also called hush-puppies).

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How to Grow Collard Greens

DAYS TO GERMINATION: 5 to 10 days

DAYS TO HARVEST: 85 days to maturity,
harvest at 40 days

LIGHT REQUIREMENTS: Full sun or light shading

WATER REQUIREMENTS: Regularly and frequently

SOIL: Tolerates all soils, extra nitrogen helpful

Container: Suitable

Though cooked collard greens is a dish many associate with the American south, it's actually a cool weather plant that grows better in the fall. There are a few variations to the collard, but there is not much difference between them. All plants are green and look fundamentally the same. Georgia is the most popular variety among home gardeners.

To grow Collards, start your seeds in a cold frame or in a greenhouse, then transplant your seedlings to the garden once they are 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.

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.

Starting from Seed

You can grow collard greens as either a spring or fall crop, though your greens will be more flavorful and sweeter when grown in the cool autumn. Collards

are usually sown right into the garden rather than indoors for transplants.

In the spring, get your soil ready for seeds about 6 to 8 weeks before your last frost date. Dig down to loosen the soil and add in compost or aged manure for nutrients. Collards are considered to be "heavy-feeders". Plant a few seeds every 2 feet, and thin them down to 1 plant after they sprout. Seeds should be planted just a 1/4 inch under the surface.

If you want to start harvesting young greens earlier, you cannot bother with the specific spacing and just sprinkle the seeds over the soil. Cover them over with a thin layer of soil. As the plants begin to grow, you can pick the young ones for eating, until you are left with larger plants with at least 2 feet of spacing between them.

Later in the season, you can seed out your fall crop. For many people, this would be their main collard crop for the year. Follow the same planting arrangements as for the spring crop above, but start them out about 4 to 6 weeks after your last frost date.

Growing instructions

Collard greens are one of those crops that you harvest at your leisure throughout the growing season. See the harvest section for more on how and when to pick collard leaves.

Water your plants often. Dry periods won't necessarily harm the plant, but the leaves will take on a much stronger flavor afterwards and possibly become too bitter to eat.

Composting with a high-nitrogen blend of natural fertilizer is a great help to boost leaf production. Just remember that this kind of fertilizer should only be used on leafy green vegetables. It will help leaves develop but will shrink or stunt any fruit or tuber formation. Regular fertilizer is also fine with collards if that is what you are using. Give your plants a feeding two or three times through the summer.



Containers

Collards do grow larger than most other greens, so you will have to have one plant per 10" pot. Larger containers are fine with 2 plants as long as you can provide at least 18 to 20 inches between their main stalks. Keep them well-watered and well-fed with a natural fertilizer.

Pests and Diseases

Collards are part of the Brassica family, which includes cabbage and broccoli. This also means that they are at risk from the same host of pests that plague those other vegetables (and many others).

First off are the slugs and snails common to any vegetable garden. Rather than buy commercial baits and traps, you can drown them in saucers of beer left out at night. Diatomaceous earth is a fine white powder made from microscopic crushed shells. Harmless to animals, it will kill soft-bodied pests like slugs and snails. It can also help get rid of other caterpillars as well. Sprinkle heavily around the plants and re-apply after rain.

Cabbage worms and cabbage loopers are two different kinds of caterpillar that will do serious damage to your collard leaves if you don't control them. Both of these pests are green so look closely at your plants or you might miss them. Insecticide sprays can usually protect your plants, and you should pick them off whenever you see them.

A harder to spot threat is the cabbage root maggot because they attack underground. If your plants are dying back for no other visible reason, dig one up

and see if the roots are being eaten by small worms or maggots. Once you have them, it's difficult to get rid of them. Your best approach is to keep them out of the soil in the first place. A light cover of mesh or screen in the spring can keep the moths away that lay the maggot eggs. It's less of a problem for fall crops because the moth season has passed.



Harvest and Storage

You can start taking leaves about 4 to 6 weeks after you've started your seeds. If you let the leaves get too large before cutting, there may be a tough central stalk through the leaf that will have to be cut out before using.

You can pick the leaves as the plant grows, always cutting off the ones at the bottom of the plant. As the inner stalk continues to grow upwards and produce more leaves, your collard plant will eventually look like a little tree with a bare stem at the bottom and leaves on the top. They will start to get top-heavy towards the end of the season and may require sup-

port.

For spring collards, your growing season comes to an end when hot weather arrives and your plants bolt to seed. The leaves will be too bitter to eat at this point. It's not a problem with fall collards, and you can keep on harvesting well after the frosts start arriving.

Cooked collard greens can be frozen for longer storage, but the fresh leaves will only last a few days in the fridge.



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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 Lithuania (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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