



2nd
Edition



September 27th
5197 Salem Rd, Stonecrest, GA 30038

**EAT MO'
GREENS**



2025 Souvenir Booklet
www.originalcollardgreensculturalfestival.com

Ahimki...Your One-Stop Center for Energy Healing Services

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Mark Armstrong, ND, BMC
555 Sun Valley Drive, Suite A2
Roswell, Georgia 30076

(770) 552-4242

www.ahimki.net

ahimkicenterforwholeness@gmail.com



Proclamation

Whereas; the mission of the Annual Collard Greens Cultural Festival is to celebrate traditions, culture and historical contributions of African Americans while promoting family unity and the importance of healthy eating and living for the well-being of future generations; and

Whereas; the festival is an expression of love and highlights different ways collard greens can be used and prepared, while also extending the celebration of culture from food to music, wellness, sustainability and activities; and

Whereas; the Collard Greens Festival is an exciting platform on which to build a better awareness about overall wellness and feeds not only the senses and body with good food and music, but also the soul; and

Whereas; one of the festival's highlights is the Collard Greens Cook-off, including cooks that bring their best cooking game to the festival, showcasing their skills; and

Whereas; this year's global community driven festival that continues to celebrate culture, movement, music and healthy living is being held in the City of Stonecrest, Georgia.

THEREFORE, be it proclaimed that Mayor Jazzmin Cobble and the Stonecrest City Council are hereby honored to recognize the 16th Annual Collard Greens Cultural Festival, celebrating culture, traditions and contributions of African Americans, declaring September 27, 2025, as:

COLLARD GREENS FESTIVAL DAY in The City of Stonecrest

In Witness Whereof, I have hereunto set my hand and caused the Seal of the City of Stonecrest, GA, to be affixed this 27th day of September 2025

A handwritten signature in blue ink, appearing to read "Jazzmin Cobble", is written over a horizontal line.

Mayor Jazzmin Cobble
City of Stonecrest, Georgia



Welcome to the 16th Annual Original Collard Greens Cultural Festival



The Ankoanda's wish to welcome you to the 16th Annual 2025 Original Collard Greens Cultural Festival (OCGCF). We are excited to host our festival this year at my church First Afrikan Church located in the City of Stonecrest, GA. Although moving the festival around the Metro has been a unique way of reaching larger audiences and followers, we need a permanent home. It is our hope that First Afrikan may be it. Last year we had held in the City of Decatur and we are expecting a large turnout this year.

My four talented and beautiful daughters have taken the lead once again in helping to organize this and future Collard Green festivals. So the legacy of this festival continues without missing a beat. The dream of establishing the Collard

Green Ice Cream as a business is in the works. I now have my labels and the bar code. So you will see the healthiest frozen dessert on the planet in Wadada, Sevananda and other health food stores, restaurants and grocery stores in the Metro before the year is out.

Our collard green booth will feature not only the ice cream but cooked greens and hot water corn bread with some sides. There will also be featured the Taste of Collard Greens booth with some surprising collard green samples. The weather is perfect and people are eager to get out and relax before the cold winter sets in. The Original Collard Greens Cultural Festival is an intergenerational family affair. Since its inception in 1998, people have gathered on the West and

East Coast for this same event. Last year our Collard Green Ice cream was featured at the Collard Greens Festival in Tampa, Florida. It is my goal to go to other Collard Greens festivals in Sarasota, Florida, Philadelphia, Detroit and Chicago next year with my collard green ice cream.

Our signature festival 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. The political climate we are living in is making food unaffordable and hard to find in the grocery stores. We must buckle down and be prepared to grow our own food.

This is why Black Sustainability Network must continue to have its Sustainability Pavilion (www.blacksustainabilitysummit.com) at our festival. They contribute to our mission in helping our people to eat healthier and live sustainable lifestyles with excellent examples. This year they will be presenting hands-on workshops on sustainable agriculture, importance of seed saving, clean energy, and living a zero-waste lifestyles. If you don't have a garden you need to get one. The Georgia Women's Agriculture Association will be present at our Farmer's Market with produce and information on how you can be classified as farmer in small spaces and reap the benefits.

Be sure to visit the Wellness Pavilion and gain insight from a group of gifted holistic practitioners and healers. They will be bringing complementary and plant base alternative medicine in a variety of modalities such as reiki/touch healing, qigong energy transmission, sound bowls and tapping. Dr. Mark Armstrong, well known naturopathic doctor in Atlanta will be on board to present some gems for your utmost healing journey.

Finally, we recognize that this festival is more than about collard greens that have sustained African Americans for centuries. It is also an act of resistance and resilience. 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. Our mission is to help build stronger, healthier families and communities. We stand together along with our allies to fight injustices across the globe. As brothers and sisters of the Diaspora, we lend our voices to the efforts to unify the continent of Africa by aligning ourselves with the Pan African movements.

Eat Mo' Greens!



THEY HAVE TASTE!
COOK-OFF MERCH

SCAN HERE TO GET YOURS TODAY!

www.theoriginalcollardgreensculturalfestival.org

EAT MO' GREENS

www.CollardGreensCulturalFestival.com



beaconhillblackalliance.org

JOIN THE MOVEMENT.

**JOIN BEACON
HILL**

**BLACK ALLIANCE
FOR HUMAN RIGHTS**

VIRTUAL MEETINGS ON 4TH WEDNESDAYS 6 P.M.

For more information, email beaconhillBAHR@gmail.com





BLACK SUSTAINABILITY INC.

Host of the **SUSTAINABILITY PAVILION**

Black Sustainability, Inc. is honored to host the Sustainability Pavilion at The Original Collard Greens Cultural Festival for the 8th year in a row!

The Sustainability Pavilion serves as a central hub to showcase sustainable practices led by Black and Green organizations in the Black Sustainability Network. Black Sustainability, Inc. is excited to bring culturally-relevant sustainability and climate education to the forefront.

Sustainability Pavilion Activities:

- All Things Black and Green: Learn from BSI about Black and Green practitioners around the world and meet their network of partners and initiatives benefiting the Black community
 - 1:00pm Mo' Greens & AfroEcology. Visit our table to learn about collards, biodiversity AND learn how you can get started OR maintain your farm land.
 - 2:00pm Seed Swap: If you have NON-GMO seeds to swap...bring em!
 - 4:00pm Waste Reduction: Zero-Waste Education. Learn sustainable practices, the health impacts of poor packaging, and eco-friendly packaging options, including edible packaging.

Where Culture Meets Lifestyle



Every human being on the planet will be affected by global temperatures rising



To raise awareness around climate change and environmental issues, Mama Nobantu Ankoanda, PhD Founder of the Original Collard Greens Cultural Festival and Co-Founder of the Black Sustainability Summit, has made an intentional commitment to sustainability at the festival with a dedicated Sustainability Pavilion.

As attendees join for a day full of festivities, Black Sustainability, Inc. is excited to bring culturally-relevant sustainability and climate education to the forefront. The Sustainability Pavilion serves as a central hub to showcase sustainable practices led by Black and Green organizations in the Black Sustainability Network.



Raina Turner-Greenlea
Co-Founder, Executive Director
Black Sustainability, Inc.

ITINERARY

- 10/15: Arrive in Accra, Ghana
- 10/16: BSI Welcome Dinner
- 10/17: Travel to KASI
- 10/18 & 10/19: Black Sustainability Summit
- 10/20: Early Mountain Walk/Depart for Accra
- 10/21: Kakum National Park
- 10/22: Assin Manso + Naming Ceremony
- 10/23: Cape Coast Beach Day
- 10/24: Kumasi Palace
- 10/25: Ntonso Adinkra Cloth Village
- 10/26: Accra City Tour
- 10/27: Travel Home

www.blacksustainabilitysummit.com



BLACK SUSTAINABILITY™ INC.

AfroEcology Series Reaching Rural Farmers & Growers



Presented by



REQUEST MORE INFO

SCAN ME



MAY 2025 - APRIL 2026

Connecting Black growers to more ecologically sound + climate-smart agricultural practices.

bit.ly/ruralafroecology

Do you have land?

Can you feed your family?

Would you like to learn how to grow food in a way that **respects the planet and your ancestors?**

If you are/know of Black farmers/growers looking to learn more about how to leverage or implement Afroecological and/or NRCS conservation practices...

REGISTER FOR FREE HANDS-ON & VIRTUAL WORKSHOPS + IMPLEMENTATION SUPPORT.

ENTER \$100 DRAWING

SCAN ME



Honoring the Legacy of Our Collard Greens Cultural Festival Family



Amir Pinkman

Sunrise: December 26, 1962 –

Sunset: September 14, 2025

It is with profound sadness that we honor the life and legacy of our dear friend, brother, and vendor, **Amir Pinkman, Founder & CEO of Golden Moringa.** Amir was more than a Nutritional Coach and business owner – he was a true Pan-Africanist, a man of vision, and a vessel of light who poured his gifts into the world through holistic healing and empowerment. His passion for wellness, his generosity of spirit, and his dedication to uplifting others were evident in every conversation, every product, and every connection he made. Though he was scheduled to join us at this year's festival, the Creator has called him home, and now we gather in spirit to celebrate not only his work, but the love, wisdom, and healing energy he leaves behind. We extend our deepest condolences to his beloved wife, family, and the Golden Moringa community. May Amir's legacy continue to inspire and nurture us all, and may his soul rest in eternal peace.



Amir's work with Golden Moringa was more than a business, it was a ministry of health, healing, and wholeness. He introduced so many of us to the "miracle tree," known for its extraordinary nutritional and medicinal value. Through his powders, pills, and liquid blends, Amir brought the power of Moringa into our daily lives, making it simple for families to strengthen their bodies, restore balance, and nourish themselves holistically. Each leaf, carefully harvested, dried, and prepared, carried not only vitamins and minerals but also Amir's unwavering belief that wellness is a birthright for all people. His products were more than supplements, they were a reflection of his heart, his heritage, and his Pan African vision of connecting us back to the healing traditions of our ancestors. In every spoonful capsule, or sip, Amir left us a piece of his purpose, a living legacy that will continue to uplift communities far beyond his lifetime.

Honoring the Legacy of Our Collard Greens Cultural Festival Family

D.R.E.S. tha Beatnik (Andre Lett)

*Sunrise: November 28, 1973 -
Sunset: June 9, 2025*

D.R.E.S. tha Beatnik (Andre Lett) was more than an artist, he was a true Atlanta treasure. A master human beatboxer and dynamic MC, he blessed our Collard Greens Cultural Festival for over a decade with his unmistakable energy, professionalism, and heart.

Ten years ago, he first took our stage and left his mark forever. One unforgettable moment came when a young girl, too nervous to perform without music, stepped forward with only a dream. Without hesitation, D.R.E.S. began to beatbox live, giving her rhythm and courage. She freestyled her heart out, the crowd erupted, and magic filled the air. That was D.R.E.S. a walking stage, a human amplifier of others' gifts, and a pillar of community.



Beyond our festival, he was an icon in Atlanta's arts scene. From hosting Arts, Beats & Lyrics to winning the Amateur World Beatbox Championships in 2000 and releasing the groundbreaking beatbox album Have Mic...Will Travel, his artistry and unifying spirit touched countless lives. We will forever cherish the moments he gave us. He hosted our festival many times, always bringing excitement, joy, and soul. His presence lit up every space he entered, and he will forever live in our hearts.

Rest in power, King. You will be deeply missed.

#followthehat



PAFM-North America's Statement to the Collard Greens Festival in Atlanta

Once again it is my pleasure to congratulate Mama Nobantu and the dynamic Leadership Committee whose hard work, planning and execution has successfully brought forth yet another Collard Greens Festival in Atlanta, Georgia. This year marks the sixteenth Annual Collard Greens Festival. We commend Mama Nobantu and her Leadership Team for their exceptional contributions to making the 2025 Festival memorable and for their dedication over the past 16 years.

I have had the privilege of participating in multiple previous Festivals. One of my sweetest memories from these wonderful occasions is tasting the delicious collard greens ice cream. If you haven't already done so, I would strongly recommend that you take advantage of the opportunity to taste and enjoy this ice cream, as well as, some of the many other innovative collard green products that will be on display at this year's Festival. In so doing, I am confident that you will join me in thanking Mama Nobantu and her team for all the work they have done, over the past sixteen years, in making this healthy, appetizing, and mouthwatering opportunity possible.

My name is Baba Mwalimu Kwasi-Quayaja Amsa-

ta and I am the Coordinator of the Regional Coordinating Committee (RCC) of the Pan African Federalist Movement (PAFM) in North America. I

invite you to visit our website: <https://www.pafm-northamerica.org>, sign our petition by simply supporting the "idea" of the United African States and consider becoming a participant in our Movement, by answering in the affirmative to one or more of the questions in our CALL for the First Pan African Federalist Congress.



Photo, Baba Amsata at PAFM Pre-Congress in Accra Ghana in December 2016 with the daughters of Omowale Malcolm X (Malaak) and Kwame Nkrumah (Samia)

We recently appointed a new Coordinator for the National Coordinating Committee (NCC)-USA whose prime directive is to build a coalition of national Black/African or-

ganizations in the United States in preparation for the First Pan African Federalist Congress that is scheduled to take place in December 2027. The new National Coordinator's name is Brother David King. He can be reached by email: ncc@pafm-usa.org or by phone: (903) 980-1078. I would also encourage to visit the NCC-USA webpage: <https://www.pafm-northamerica.org/usa-ncc>

Here are some of the basic bullet points on the mission, context, purpose and accomplishments of the PAFM- North America:

The sole mission of the Pan African Federalist Movement (PAFM) is “To Bring the United African States into political existence BEFORE the SUN SETS on THIS DECADE of the 2020s.”

There are 9 active Regional Coordinating Committees (RCCs) in the major locations in the world where African People live. i.e., North America (United States and Canada); West Africa; Central Africa; East Africa; Southern Africa; the Caribbean; Latin America; North Africa and Europe.

RCC-North America focuses on supporting the needs of 50 million Black people living in the United States—most of whom are descendants of enslaved Africans—and 1.5 million individuals of African descent in Canada. Taken as a whole, if the Black people in North America were a sovereign state, it would be the 8th most populous African State on Earth.

The goal of the RCC-North America is to mobilize the African population in North America in support of a Global Federation of African States i.e., the United African States, which would include a population of over 1.7 billion African people globally. This will empower African people to shape our destiny, manage our own affairs, and engage with global powers as a sovereign nation.

December 2018, the RCC-North America delegation, to the Pan African Federalist Congress in Accra, Ghana. The Final Declaration of this Global Pan African Federalist gathering was “a solemn call for all African people, wherever they may reside globally, to actively participate in preparing for a Congress dedicated to the Political Unity of Africans within the span of a single generation.”



From October 15-19, 2020, the RCC-North America held its North American Pan African Federalist Convention. The central hub in Atlanta, Georgia served as the site for this memorable online gathering. The theme was “African Political Unity for Sovereignty and Upliftment.”

For additional information on the Pan African Federalist Movement (PAFM) in North America please visit our new website: <https://www.pafm-northamerica.org/> or call/text; (518) 649-7798.

Bon Appetit; Enjoy this year’s Collard Green Festival; and Asante Sana for considering joining our Movement.

Best wishes for harmony, prosperity, and the advancement of African political unity. Baba Mwalimu Kwasi-Quayaja Amsata Coordinator, Pan African Federalist Movement (PAFM)- North America.



**Gratitude to all who helped make the
16th Annual Original Collard Greens
Cultural Festival (OCGCF) a Success!**

Logistics

First Afrikan Church

Gerad Munajj

Carolyn Geter-Akuffo

Danielle King

Gerard Manajj

Lucius Gundy

Daniel Kelly

Christopher Lemons

Ajohnta Johnson

Zie Clinton

Charles Greenlea

Dub Norm

James Swanson

Cherry Moore

Brandon Webb

Proclamation

City of Stonecrest – Mayor Pro-Tem George
Turner

Mayor Jazzmin Cobble

OCGCF Board Members

Nobantu Ankoanda – Founder/Executive Director

Folami Ankoanda-Thompson, President

Cheryl Johnson, Vice President

Ikenna Ubaka-Gray, Secretary

mali Ankoanda-King, Treasurer

Rashid Nuri

Dub Norm

Carl Crisologo *, Virtual Assistant

Welcome Booth & Merchandise

Ayodele Kinchen

Curah Packer

Rawlene Packer

OCGCF Booth

Ayanna Ankoanda-Akbar, Coordinator

Bakari Culbreath

Eastco Culbreath

Vendors

Ayodele Kinchen, Coordinator

Spurgen Brown, Assistant

Sandy Beauford Muhammad, Volunteer

Duafe Designs

EA Design Shop

Faydren Battle

Gingerlicious Naughty Bites

Gitts Italian Ice

God by Design

Green Thumb Garden

Hamilton Books

Iman's International

Imani Events

J.Bivins

Janic e Whippie

Jen care

Layon Granola

Lighthouse Prep

Lustiful Inc

Mina's Kitchen

Mineral Deposit LLC

New Life Origins

Nia Creations

Nileen's Variety

Northside Hospital

Pan African Federalist Movement

Pop Culture Intl'café

Rasekhi Arts Temple

Real Crepes ATL

Timbukktu Art Colony

Zee Craft Inc

TSK Tribute to Yoga Bey

Ayitero KMT

Yao Brewley

David and Andrew Messiah

aka "The Soul Brothers"

Artists/Entertainment

Pasheena Nicole, Coordinator

Caroline Sigman

Kilombo Academic Cultural Institute

Rasta Funk Band

DJ Mami Wata

Egbe Egun

Pasheena Nicole

Joya Bravo

She Pharaoh

Eastxowest

Mirage Band

Raury

Spurgen Brown

Dwight White

Wellness Pavilion

Linda "Mama La" Boyd-Coordinator

Daisha Thomas

Camisha Muhammad

Jonnie Proby

Chakayah Omawnso

Msifiri Jordan Bey

Zema Love Fire

Lovely Phoenix

Rondae Skill

Dennis Sheken

Darri Kephera Henderson

Donna James

Rashida Josh

Latirria Daniels

Pasheeva Neade

Sustainability Pavilion

Raina Turner-Greenlea, Coordinator

Bliss Ifetayo

SproutLand

Shaunda Freeman, Coordinator

Kanika Taylor-Murphy

Tyrrah Young-Mwanga

Gwen Little, Everything Horses

Volunteers

Mama Akebulan

Darris Henderson

Tashi Browner

Barbara Boone

Khabral Muhammad

Ramirez Forts

Mikala Streeter

Mya Mauce

Camisha Muhammad

Stephanie Roberts

Muhjah Skakir

Timothy St. Clair, Jr

Mical St. Clair

Ky'Van Whigham

Skakiana Whigham

Ty'Van Whigham

23 Southwest Dekalb High School Navy Junior Reserve Officers(NJROTC) led by Senior Chief

Chilanda Steave

4 Southwest Dekalb High School Culinary Arts Students led by Chef Steve Ervin

6 Redan High School NJROTC Cadets

2 Cross Key High School NJROTC Cadets

3 McDonough Association for Youth, Inc. Baseball players led by Coach Rameriz Forts

Jorge McCumber

Cook-Off Committee

Ikenna Ubaka-Atkinson - Co-Coordinator

Ira Revels

Divinity

Deborah Rowser

Cook- off Judges:

Keitra Bates, Founder of Marddy

Tashi Bee

Stephanie Johnson

Dr. Tarece Johnson-Morgan

Seve Adigun

Jhauvan Green

Tassili Ma'at

High School Students

Cook-Off Contestants

Ashonda Claxon Grand Prize Winner \$500

Angel Shannon, 2nd Place, African American

Cultural and Arts Festival

Angelique Jefferson Creatrix, \$100 Gift Certificate

Africa Love Store

Michelle Ellis, 4th Place \$50 Gift Certificate

Akoma Bookstore & Coffee Shop

Cook-Off Sponsors

Collard Green Café - Gift Cards

Olumayowa Odumade

Baba Walli Hargrove

Sponsors

Davis-Bozeman Law Firm

Damali Ankoanda-King

Black Achievement Fund

Beacon Hill Black Alliance for Human Rights

Liability Insurance

Marvon Williams – The Insurance

Guru

Collard Greens Prepping Team

Julious Khalid - Yg Urban – Donated Commercial Kitchen

Kamau Ankoanda-King

Ca-Trina Scott

Maimuna Dada

Catherine Booker

Kaitlun Yaugh

Bertha Rose Tilden?

Hadiya Culbreath

Tyrrah Alafia

R. Sartoc

Kanika Taylor

Hunter Boyd

Linda "La" Boyd

Souvenir Booklet

Uriah Israel – Graphic Designer

Mama Nobantu Ankoanda

Damali Ankoanda-King

Souvenir Booklet Ads

Black Achievement Fund
Kilombo Academic & Cultural Institute
At&T – Linda Proctor-Merritt
The Motherland Dispensary
HLHK, Inc - Healthy Lifestyles
IAms – Wealth Management - Zach Reeg
Duafe Design?
Davis Bozeman Law Firm
Ahimki Center for Wholeness
Black Sustainability
Beacon Hill Black Alliance for Human Rights
New Afrikan Panthers

Memorabilia

Abdulla Family Reunion T-Shirts

Marketing/Social Media

Cheryl Johnson
Prima Atlanta Print
WRFG – Wanique Shabazz
WRFG – Larry Eaglin aka “Stagga”Lee Henzel
Sevananda – Chris Roland
WAOK – Ikenna Ubaka-Atkinson
Time for an Awakening – Oshi Adelabu
Naim Johnson

Security

Howard Hagood
Demtius Kennon

Farmer’s Market

Abena Otudor – Coordinator
D. Hillary Goodgame
Blue Heron Urban Farm
Eddie Ford
Emaliy Zilky

Clean Up

Executive Committee

Opening Drummers

Jacuma Kambui
Yusef Crowder
Blhu Kaeos
Julian Gordan
Molly
Ayana Credell

Sankonscious Drumming Circle

Kwame Afari
Dale Moore
Salim Cox
Mama Debra
Ernest Patterson
Panyin Abofar
Firoots Thorpe
Sayed
James “Sarge”Braggs III
Dr. Debra B Pearson

Other Volunteers

Myguail Chappel
Myles Davis
Zema Love Fire
Deonte Poole
Toya Randle
J Rhalid
Shantel Sheke
Robert Stevenson

Decorations

Taliba Obuya – Balloons

Face Painting & Bunnies

Mama Kween

Voter's Information Table

Ca-Trina L. Scott

First Aid and Medical Support

Ahadi

Hospitality

Parking and Traffic Control

(Curbside Direction)

Ngozi

Brian Whigham

Set-Up, Post Signage, Tent and Tear-Down

Baba James Swanson, Chair

Ca-Trina L. Scott

Sandra Hill

Brian Whigham

Sjajuana Whigham

Volunteer Booth

Ca-Trina L. Scott, Chair

Trenton "Scotty" Fumbah

Sandra Hill

Arlexis G. Scott

Angel Shannon

Clara Wright

Mary Wright

1921 Virtual Associate

Carl Crisologo - OCGCF Lead VA

Julie Banta - OCGCF Graphics VA

THE ORIGINAL COLLARD GREENS CULTURAL FESTIVAL

27
SEPT 2025

THE COCONUT HUT
205.427.0710

BEVERAGE VENDOR
The Coconut Hut
hammondstevent@gmail.com

12 NOON TO 7 PM

First Afrikan Church
5197 Salem Rd #2751,
Stonecrest, GA 30038

More Info:
Hot Line: (800)253-3397
www.OriginalCollardGreensCulturalFestival.com

THE ORIGINAL COLLARD GREENS CULTURAL FESTIVAL
EST. 1998

27
SEPT 2025 | 12 PM - 7 PM

OCGCF PERFORMER:
7EEN
@_hollygroveee

First Afrikan Church
5197 Salem Rd #2751,
Stonecrest, GA 30038

More Info:
Hot Line: (800)253-3397
www.OriginalCollardGreensCulturalFestival.com

THE ORIGINAL COLLARD GREENS CULTURAL FESTIVAL
EST. 1998

27
SEPT 2025 | 12 PM - 7 PM

OCGCF PERFORMER:
Kim Strings
@kimstringsmusic

First Afrikan Church
5197 Salem Rd #2751,
Stonecrest, GA 30038

More Info:
Hot Line: (800)253-3397
www.OriginalCollardGreensCulturalFestival.com

THE ORIGINAL COLLARD GREENS CULTURAL FESTIVAL
EST. 1998

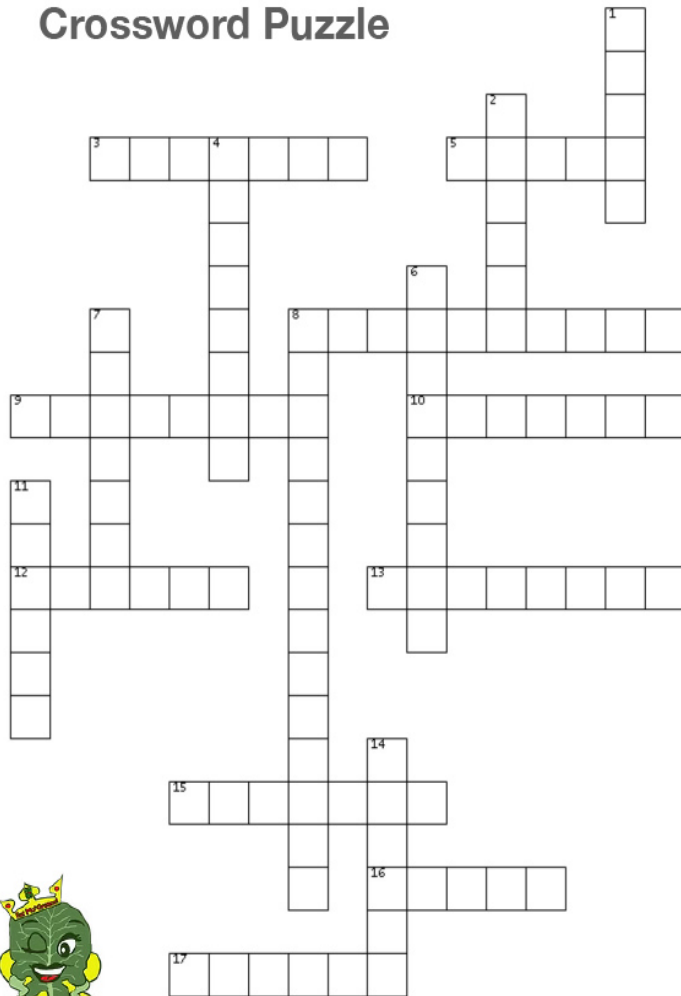
27
SEPT 2025 | 12 PM - 7 PM

OCGCF PERFORMER:
Chrystal Doomes
@chystal_doomes

First Afrikan Church
5197 Salem Rd #2751,
Stonecrest, GA 30038

More Info:
Hot Line: (800)253-3397
www.OriginalCollardGreensCulturalFestival.com

Collard Greens Festival Crossword Puzzle



ACROSS

3. Type of leafy vegetable
5. Sensory experience of flavors
8. Kids Play Area
9. Activity that leads to holistic health
10. Originator/Brainchild of Collard Greens Festivals
12. Color of collard leafy vegetable
13. Structure or enclosed space
15. People from or connected to the largest continent on earth
16. Organized sound
17. A seller

DOWN

1. Structured form of play
2. Place to sell goods
4. Response to humor
6. savory bread
7. A way of life that characterizes people
8. Practice of protecting the planet, people, and economies for future generations
11. Long lasting impact of particular events or actions
14. Caretaker of plants and animals



EAT MO' GREENS

www.CollardGreensCulturalFestival.com

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

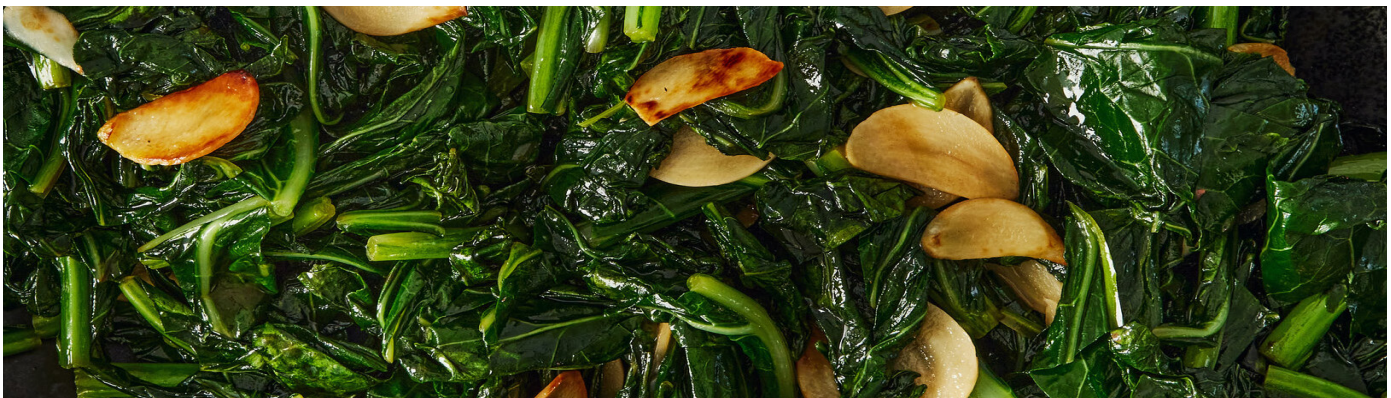
6 cloves garlic, finely chopped

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

¼ 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.

COLLARD GREENS WITH TOMATOES

2 pounds collard greens, washed and cut or torn in bite size pieces,

2 tablespoons Italian seasoning, or a combination of basil, oregano, and rosemary, 1 can (14 to 16 oz) tomatoes, chopped and drained, reserve liquid, rinse torn leaves well; do not dry them. Put in a large pan and let wilt over medium-low heat. Add Italian seasoning, chopped tomatoes and continue to heat for about 5 minutes. Add as much of the liquid from the tomatoes as you want. Heat for about 4 minutes, or until hot. Serves 4.



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COLLARD GREENS QUICHE

4 eggs
1 cup half & half
1/2 tsp. salt
1/4 tsp. pepper
1/4 tsp. oregano
1/2 tsp. onion
1/4 cup green onions, chopped
1/4 cup green pepper, chopped
1/4 up mushrooms, chopped (fresh or canned)
3 cups collard greens, cooked, chopped (fresh or frozen)
1 cup cheddar cheese, grated
1 9-inch pie crust, frozen or homemade

Preheat to 350 degrees. Cook pie crust for about 10 minutes. Beat eggs and half & half in a bowl. Add salt and pepper, oregano, onion powder, green onions, yellow onions, mushroom and collard greens; set aside. Mix cheese mixture on top of cheese together in the bowl. Sprinkle half of cheese mixture on top. Bake for 1 hour.

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 gat...3g

Protein...6g

Sodium...176g

Polyunsaturated fat....2g

Fat...5g

Saturated Fat...0gCholesterol...0mg



The Importance of Food Pairings for Healthy Eating and Vitamin Absorption

When it comes to healthy eating, the importance of food pairings often goes overlooked. The science of food pairings is crucial for maximizing nutrient absorption. Our bodies don't always absorb vitamins and minerals from food as efficiently as we might think. Sometimes, certain nutrients need the presence of others to be absorbed properly. Conversely, some foods can inhibit absorption if combined improperly. One such example is collard greens, which are a good source of both iron and calcium.

A staple of Southern cuisine, collard greens are known for their rich, savory, and slightly bitter flavor making them a versatile side or key ingredient in many dishes. Pairing collard greens with black-eyed peas, macaroni and cheese, yams and/or hot water cornbread offer complimentary flavors and textures when consumed - along with memories of interactive family dinners and festive holiday gatherings. For nutritional value, consider pairing collard greens with citrus (which is high in vitamin C) to significantly increase iron absorption. This combination is a great choice for vegetarians or anyone looking to boost their iron levels. However, pairing greens with high-calcium foods can have a different effect.



Collard greens contain oxalic acid (also called oxalates), which can bind to calcium in the digestive tract forming calcium oxalate that the body has difficulty absorbing. This means that you might not get all the calcium benefits and, in some individuals, this could potentially increase the risk of developing kidney stones. High quantities of dietary oxalates can also irritate the gut in sensitive individuals, potentially causing bloating and other digestive discomfort.

Understanding which foods complement each other nutritionally can make a huge difference in optimizing health and ensuring we're getting the most from our meals. Here are some additional food pairings to consider for nutritional benefit, while being aware of some combinations that may distract from nutritional value or lead to digestive issues:

Green Tea and Lemon

Benefit: Green tea is packed with antioxidants like catechins, a type of natural phenol and antioxidant, which can help with weight management and reducing oxidative stress. Adding lemon increases the absorption of these antioxidants, amplifying their health benefits.

Drawback: The acidity of lemon can sometimes upset sensitive stomachs, especially when consumed in large quantities or on an empty stomach.



Carrots and Olive Oil

Benefit: Carrots are rich in beta-carotene, which the body converts into vitamin A. The healthy fats in olive oil improve the absorption of beta-carotene, benefiting eye health.

Drawback: Olive oil is calorie-dense, so it's important not to overdo the portion size. Too much oil can make this combination less effective for weight management.



Yogurt and Berries

Benefit: Yogurt is packed with probiotics and calcium, both of which support gut health. Berries, rich in antioxidants, can help reduce inflammation and provide a boost to the immune system. Together, they create a digestive powerhouse.

Drawback: Sweetened yogurts or sugary berry toppings can negate the health benefits due to the unnecessary added sugar. Opting for unsweetened yogurt and fresh berries is key.



Cheese and Apples

Benefit: Cheese is a great source of calcium, which helps with bone strength. Apples provide vitamin C, which enhances calcium absorption. Together, they make a nutrient-packed, satisfying snack.

Drawback: If consumed in excess, the high fat in cheese could slow digestion, while the sugars in apples can spike blood sugar levels, especially when eaten in large quantities or without fiber-rich foods. Fiber helps slow down the absorption of these sugars into the bloodstream, preventing rapid spikes.



Pairing foods correctly not only maximizes nutrient absorption but also helps create balanced, nutrient-rich meals for overall health. The next time you're ready to chow down, think about these food pairings and make the best choice for your health.

Author: Damali Ankoanda-King is a freelance writer whose hobbies include cooking, photography, hiking and traveling.



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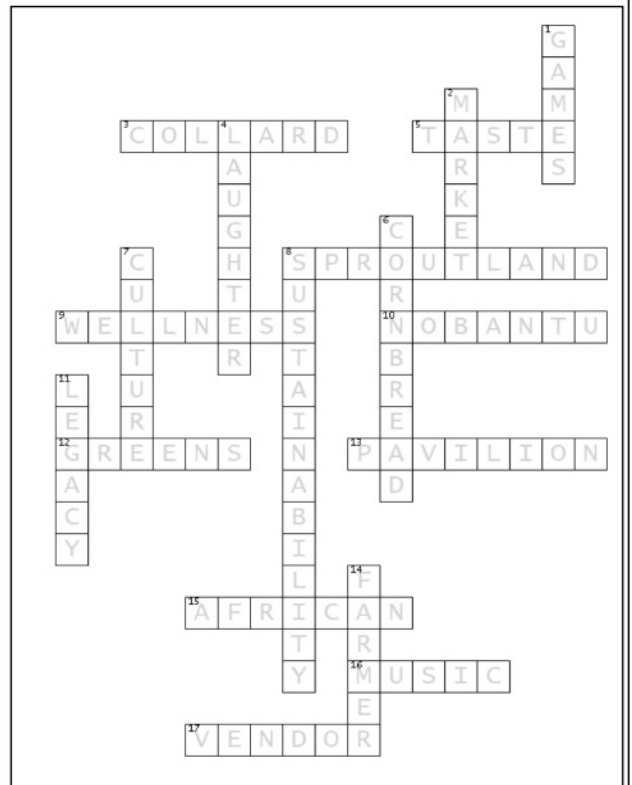
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Crossword Puzzle Answer





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Dr. Tarece Johnson-Morgan
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More Info:

Hot Line: (800)253-3397
www.OriginalCollardGreensCulturalFestival.com



COOK-OFF JUDGE

Keitra Bates
@keitrab

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5197 Salem Rd #2751,
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COOK-OFF JUDGE

Jhavaun Green
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COOK-OFF JUDGE

Ms. Tashi Bee
@ms_tashibee
<https://cosmicnine.com/>

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The Decatur Reparations Movement

Background & Origins

- **Beacon Hill Black Alliance for Human Rights** is a grassroots, Black-led organization in Decatur, Georgia, whose mission is to *empower, advocate, educate, and organize people of African descent affected by systemic racism and oppression*, particularly around issues of equity in education, housing, co-operative economics, reparations, and the legal system in the City of Decatur and surrounding communities. (beaconhillblackalliance.org)
- Beacon Hill Black Alliance grew out of earlier equity efforts in education as led by Mayor Emeritus Elizabeth Wilson (including working initially as an informal chapter of the NAACP in 2017) and became more formally organized to press for local change. (beaconhillblackalliance.org)
- A particular historical and present focus has been on the **Beacon Hill community also known as the Bottoms**: a historically Black neighborhood in Decatur which, over time, was disrupted by segregation, discriminatory urban planning, displacement (through “urban renewal” etc.), loss of homes and businesses, forced removal, and erasure of community infrastructure. (decaturish.com)



OCCGF PERFORMER:
Bee Taylor
@beelovesfreedom

First Afrikan Church
5197 Salem Rd #2751,
Stonecrest, GA 30038

More Info:

Hot Line: (800)253-3397
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OCCGF PERFORMER:
Chrystal Doomes
@chystal_doomes

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OCCGF PERFORMER:
7EEN
@_hollygroveee

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OCCGF PERFORMER & MC
Pasheena Nicole
@pasheena_

First Afrikan Church
5197 Salem Rd #2751,
Stonecrest, GA 30038

More Info:

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Key Actions & Achievements

- **Reparations Research Contract (2024):** In March 2024, the Decatur City Commission approved a funding agreement of \$25,000 to BHBAHR to support their reparations work. This included historical research, community engagement, interviews with former Beacon Hill residents, and laying groundwork for a formal reparations task force. (decaturish.com)
- **Decatur People's History & Public Education:** As part of their work, BHBAHR has produced a "People's History of Decatur," gathering oral histories and re-telling the history of Decatur from the perspectives of those most affected by marginalization, which was foundational to the creation of the reparations resolution. Also, they've held listening sessions and community meetings in places like Lilly Hill Baptist Church, bringing forward lived experiences. (beaconhillblackalliance.org)
- **Symbolic and Material Change:** They have advocated and successfully organized for the removal of monuments to white supremacy, for example the Confederate obelisk ("genocide cannon") which stood in the Decatur Square since 1908, considered by some as a symbol of intimidation historically to Black voters in Decatur. They also successfully

The graphic is a promotional banner for a cook-off event. It features a woman on the left and a man on the right, both wearing white t-shirts with a green vegetable character logo. The text on the t-shirts reads "THIS IS MY COLLARD GREENS COOK OFF SHIRT". In the center, the text "THEY HAVE TASTE!" is written in large yellow letters, with "COOK-OFF MERCH" below it in blue. A QR code is positioned to the right of the text, with the instruction "SCAN HERE TO GET YOURS TODAY!" above it. The background is a vibrant blue with various food items and herbs. At the top center, there is a circular logo for "THE ORIGINAL COLLARD GREENS CULTURAL FESTIVAL". At the bottom, the website URL "www.theoriginalcollardgreensculturalfestival.org" is displayed in a dark green font.

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