



## BRANCHING COMMUNITIES TOGETHER THROUGH SUSTAINABILITY

### CALENDAR OF EVENTS SEPTEMBER 8-14, 2024

#### SUNDAY, SEPTEMBER 8

##### Autumn Immunity Fusion: Herb Garden Tour & Elderberry Syrup Workshop

Rabbit Hole Farm Newark, 36-38 Rose Terr.

12 PM - 2 PM

Join Rabbit Hole Farm and community herbalist Yaquana Williams for an immersive herbalism workshop designed to empower you with the knowledge and tools to strengthen your immune system. This engaging event will kick off with a guided garden tour where you'll explore a diverse range of herbs renowned for their immune-boosting properties.

Following the tour, roll up your sleeves for a hands-on session where you'll craft your own elderberry syrup or medicinal cider, guided by Yaquana Williams.

Contact Info: Keven Porter  
rabbitholefarmnewark@gmail.com | 973.477.9914  
Yaquana Williams | aquayasabyss@gmail.com

##### Making Medicine: Fire Cider Folk Tonic

Lincoln Park Community Garden  
42 West Kinney St.

2 PM - 4 PM

Learn the traditional method of jarring Fire Cider. Will identify various ingredients and their health benefits, as well as how to use this immune boosting folk remedy that has been prepared for generations

Contact Info: Hashim Bennett  
plantsandponds@gmail.com | 201.577.1405

##### Fun with Flowers

The Culture Spot, 239 Hawthorne Ave.

4 PM - 6 PM

Join our "Fun With Flowers" workshop to create floral art with fresh and dried flowers! Whether you prefer vibrant fresh blooms or the rustic charm of dried ones, this hands-on experience is perfect for all ages. Unleash your creativity and bring nature's beauty into your home.

Contact Info: Hajjah Dena Corbin  
naturalground1.360@gmail.com

#### MONDAY, SEPTEMBER 9

##### Good Neighbors Green Space Expansion & Design Project

Kinney Community Garden, 279 W Kinney St.

10 AM - 12 PM

Explore three of Newark's vibrant neighborhoods on our Citywide Garden Tour! Discover the beauty, culture, and sustainability of these green spaces. Meet local gardeners, learn about community projects, and enjoy urban gardening. Be inspired by Newark's growth and take home a free houseplant!

Contact Info: Barbara Weiland  
bweiland74@gmail.com | 862.444.9148

##### Unleash Your Creativity: Eco Art Blossoms in the Heart of Vailsburg!

HOV Norwood Healthy Havens, 69 Norwood St.

4 PM - 6 PM

Join us to explore the fusion of nature and art. Participants will engage in upcycling, transforming natural and recycled materials into stunning artworks. This hands-on experience, set in the serene environment of HOV Norwood Healthy Havens, showcases the beauty of sustainable creativity, bringing the heart of Vailsburg to life through eco-friendly art.

Contact Info: Sabrina Ross  
sross@kab.org | 973.204.7732

**TUESDAY, SEPTEMBER 10**

### **Good Neighbors Green Space Expansion & Design Project**

**Kinney Community Garden, 279 W Kinney St.**

**10 AM - 12 PM**

Join us for a unique opportunity to explore three of Newark's vibrant neighborhoods during our Citywide Garden Tour! You'll discover the beauty, culture, and sustainability efforts rooted in these green spaces. Meet the local gardeners, learn about the projects that support our community, and experience the joy of urban gardening.

Come be inspired and see how Newark is growing! Also, "Free Houseplants To Go!"

**Contact Info: Barbara Weiland**  
bweiland74@gmail.com | 862.444.9148

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### **Maternity Nutrition Education, Native Plants & Urban Agriculture Infrastructure**

**Eden's Farm, 42 Elizabeth Ave.**

**4 PM-6 PM**

Jewell Of The Earth, Jewell Garcia. Offers farm-to-table cooking demos and nutritional guides focused on maternity and infant health. Emphasizing locally grown, pesticide-free ingredients, it's a perfect resource for expectant mothers seeking wholesome, nutritious meals.

Plants & Ponds, Hashim Bennett. Explore urban agriculture infrastructure with a hands-on drip irrigation demonstration, showcasing efficient water management techniques for sustainable city farming.

**Facilitator: Jewell Garcia**  
earthjewell@icloud.com | 973.573.9063  
**Contact: Hashim Bennett**  
plantsandponds@gmail.com | 201.577.1405

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### **Tubman Square Farmers' Market**

**Harriet Tubman Square, 501-551 Broad St.**

**4 PM - 6 PM**

Come out and support our local farmers' market, featuring a variety of vendors, farmers, entertainment, and so much more.

**Contact: Emilio Panasci | urban.agco@gmail.com**  
**Facilitator: Ursula Kirk | urbanagmarket@gmail.com**

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**WEDNESDAY, SEPTEMBER 11**

### **Volunteer Day at A Healing Sanctuary**

**A Healing Sanctuary, 179 Broadway Ave.**

**8:30 AM - 1:30 PM**

Meet our Rutgers NewGeo Graduate Students & Scientists on the land to learn about their project and the research they have been gathering all summer.

**Contact Info: Fallon Davis |**  
678.651.9778 | info@steamurban.org

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bweiland74@gmail.com | 862.444.9148

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### **Healing Garden Workshop and Farmer's Market / "Educator, Gardner, and Chef" demo workshop with Chef Charlene!**

**The Healing Garden at the Price Institute at Rutgers Newark 49 Bleeker St.**

**1:30 PM - 3:30 PM**

Healing Garden gardener and local businesswoman Chef Charlene Messer will be talking about how she became involved in urban agriculture. She will share her thoughts on her work in relation to education, gardening and the business life of a chef in the community!

Chef Charlene will also present a cooking demonstration for guests for her "Kale Salad with Lavender Vinaigrette" prepared with produce from the Healing Garden.

We will also learn about the ingredients that Chef Charlene will be using in her recipes and about healthy diets with collaborator AARP. AARP will also sponsor a raffle during the workshop to win prizes toward food purchases at the Urban Agriculture Cooperative's online market <https://urbanagcoop.market/>

This is part of the Greater Newark Sustainable Farming Practices and Local Entrepreneurship Program. This material is based upon work supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, through the Northeast Sustainable Agriculture Research and Education program under subaward number ENE22-174.



Respond at  
<http://tinyurl.com/chef-charlene>  
or scan the QR code

## **The Art of Container & Companion Gardening: Designing, Planting and Maintaining your own urban oasis**

**119-121 Columbia Ave. and 18th Ave.  
(b/w Grove Terr. & Plymouth Ave.)**

**4 PM - 6 PM**

Whether you're a beginner or green thumb, dive into the world of container and companion gardening with Miss Melissa. Join Melissa for a hands-on container & companion garden workshop where you'll learn how to transform small spaces into lush, thriving gardens.

Whether you're looking to grow herbs, flowers, or vegetables, this workshop will equip you with the skills to cultivate your own green oasis, no matter how limited your space. Don't miss this opportunity to elevate your gardening game and increase diversity in your growing space.

**Contact info: Melissa Leuthner**  
**347.834.2252 | [Plantitnj@gmail.com](mailto:Plantitnj@gmail.com)**

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## **Herbs, Essential Oils & Raw Foods**

**Eden's Farm, 42 Elizabeth Ave.**

**5 PM - 7 PM**

Dive into the delicious world of raw foods and essential oils with us! Let's explore how these wonders can revitalize your well-being. Expect not just knowledge but creative engagement; including recipes and a curated list of essential oils for your daily wellness toolkit.

**Contact Info: Hajjah Dena Corbin**  
**[naturalground1.360@gmail.com](mailto:naturalground1.360@gmail.com) | 201.532.9650**

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**THURSDAY, SEPTEMBER 12**

## **Good Neighbors Green Space Expansion & Design Project**

**Kinney Community Garden, 279 W Kinney St.**

**10 AM - 12 PM**

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**Contact Info: Barbara Weiland**  
**[bweiland74@gmail.com](mailto:bweiland74@gmail.com) | 862.444.9148**

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## **Bringing the Classroom Outside**

**Louise A. Spencer, 66 Muhammad Ali Ave.**

**10 AM - 12 PM**

Gardens opens the door to experiential learning for students; an extension of the traditional classroom. Gardening serves as a gateway to exploring the natural worlds. The ideas presented in this workshop will inspire children to make unforgettable connections to academic content through personal observation and hands-on learning. Join us!

**Contact Info: Hajjah Dena Corbin**  
**201.532.9650 | [naturalground1.360@gmail.com](mailto:naturalground1.360@gmail.com)**

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## **Beth Greenhouse Farmers Market & Greenhouse Tour**

**Newark Beth Israel Medical Center,  
201 Lyons Ave., outside the  
Osborne Terrace Lobby Entrance**

**11 AM - 3 PM**

Stop by for fresh produce! The market accepts SNAP, WIC and SFMNP. Also, Community FoodBank of NJ will be on site providing SNAP outreach and registration assistance.

**Contact Info: Molly Fallon Dixon**  
**[molly.fallon@rwjbh.org](mailto:molly.fallon@rwjbh.org)**

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## THURSDAY, SEPTEMBER 12 (CON'T)

### Pear Picking Activity

Hawthorne Ave. Farm  
(Greater Newark Conservancy)  
446 Hawthorne Ave.

12 PM - 4 PM

The Greater Newark Conservancy will be hosting a pear-picking activity at the Hawthorne Avenue Farm immensely--in addition to the intensive farm area and orchard, there is a school garden used to teach local students and 260 raised garden beds, available to community members to grow their own vegetables in our Plot-It-Fresh program.

Contact Info: Abigail Martone |  
amartone@citybloom.org | cell: 516.660.3817

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### Live Cooking Demo Workshop!

Giving One Tenth, 715-717 So. 20th St.

4 PM - 7:30 PM

Ready to elevate your kitchen game? Step into the world of culinary creativity with our hands-on Cooking Demo Workshop using the produce grown in the Garden!

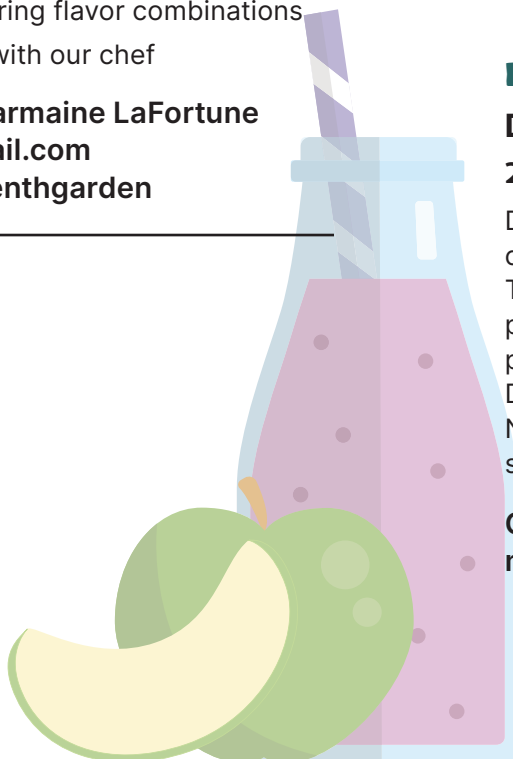
Whether you're a beginner or a seasoned cook, this experience is designed to inspire and delight.

#### What's on the menu?

- Expert chef tips & tricks
- Step-by-step recipe guidance
- Secrets to mastering flavor combinations
- Interactive Q&A with our chef

Contact Info: Charmaine LaFortune  
cclafortune@gmail.com  
IG: @givingonetenthgarden

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## FRIDAY, SEPTEMBER 13

### Good Neighbors Green Space Expansion & Design Project

Kinney Community Garden, 279 W Kinney St.

10 AM - 12 PM

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Also, "Free Houseplants To Go!"

Contact Info: Barbara Weiland  
bweiland74@gmail.com | 862.444.9148

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### Storytelling and Live Music

A Healing Sanctuary, 179 Broadway

1 PM - 5 PM

Join us for a special evening in the garden for storytelling & live music along with enjoying time in the garden. Also, **Harvest & Take Artisan Farmers Market** \*Every Friday and Saturday within our open hours\* Harvest from what's available, weigh in, take it home with you, and leave a donation if you feel inclined.

Contact Info: Fallon Davis  
678.651.9778 | info@steamurban.org

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### Down Bottom Farms Herbal Workshop

Down Bottom Farms, 371-385 Ferry St.

2 PM - 4 PM

Down Bottom Farms is an urban farm dedicated to community engagement and environmental justice. The farm focuses on sustainable agricultural practices, providing fresh produce, and fostering educational opportunities related to farming and food justice. Overall, Down Bottom Farms serves as a vital resource for the Newark community, blending agricultural practice with social and environmental justice.

Contact Info: Melanie Reyes  
mreyes@ironboundcc.org

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## Community Wellness through Hands-On Activities

The Zubi Garden 179 So. 10th St.

4 PM - 6 PM

Participate in hands-on activities that involve boosting your immune system and broadening your awareness on creating a more vibrant and healthier you!

Contact Info: Ijeoma Ukenta  
greengardenbunches@yahoo.com

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## Bon Appetit: Farm to Table Community Cooking & Wellness Program w/ Chef Shantena

A Healing Sanctuary, 179 Broadway Ave.

9 AM - 2:30 PM

Spend your Saturdays with us at A Healing Sanctuary! Help maintain our lush gardens, learn about urban farming, and connect with like-minded individuals passionate about sustainability and community. All skill levels are welcome.

Join Chef Shantena for an enriching cooking demonstration that brings farm-fresh ingredients to the table. This hands-on workshop will focus on the health benefits of local produce while teaching you how to prepare nutritious, flavorful meals.

**Harvest & Take Artisan Farmers Market** Every Friday and Saturday within our open hours\* Harvest from what's available, weigh in, take it home with you, and leave a donation if you feel inclined.

Contact Info: Fallon Davis  
678.651.9778 | info@steamurban.org

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## Second Saturday Family Adventures - Cardboard City

Greater Newark Conservancy - 32 Prince St.

10:30 AM - 12 PM

Get ready to unleash your creativity at our Second Saturday Family Adventures! Join us for a special edition of building and fun - Cardboard City! No previous building experience is necessary! Just bring your creativity and enthusiasm. This is a fantastic way to engage with your family in an educational and playful environment. Spaces are limited, so be sure to enroll early to secure your spot.

Let's build a city to remember! Can't wait to see the innovative designs and fantastic structures you'll come up with.

Contact Info: Sarah O'Leary  
soleary@citybloom.org | 973.943.2065

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## Unlock the Power of Nature: Herb-Infused Oil Workshop!

Giving 1/10th Garden, 715-717 So. 20th St.

11 AM - 4 PM

Dive into the world of natural flavors and wellness with our exclusive Herb-Infused Oil Workshop! Imagine crafting your own aromatic oils, perfect for enhancing your culinary creations or adding a soothing touch to your self-care routine. Whether you're a food lover, a wellness enthusiast, or just curious, this workshop is your gateway to the art of infusion!

Contact Info: Charmaine LaFortune  
IG: @givingonetenthgarden

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## Garden of Hope Redevelopment Tour & Senior Produce Giveaway

Garden of Hope, 3-7 Fairmount Ave.

12 PM - 2 PM

In addition to giving away a variety of produce to seniors, we'll also be giving a guided tour of the redevelopment of our Garden of Hope.

Contact Info: Tobias Fox  
tobiasfox1@gmail.com | 646.399.0337

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## Taste of Paradise Brunch & Day Party

Jannah on Grafton, 29 Grafton Ave.

1 PM - 7 PM

Community meal, farm tour, and day party featuring the sounds of DJ Sick of Brick Bandits.

Contact Info: Bilal Walker  
almunirconsulting@gmail.com | 973.856.0791

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Special thanks to all of our community partners who participated in this year's garden tour



NEWARK  
SCIENCE AND SUSTAINABILITY Inc.  
Creating Self-Sustaining Communities



NEWARK COMMUNITY  
FOOD SYSTEM

