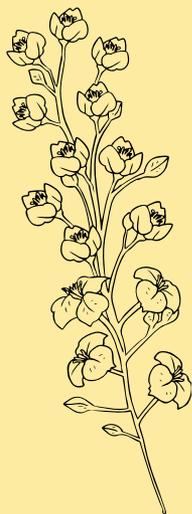




*Planting Seeds
Towards Justice*

Farmternship 2019



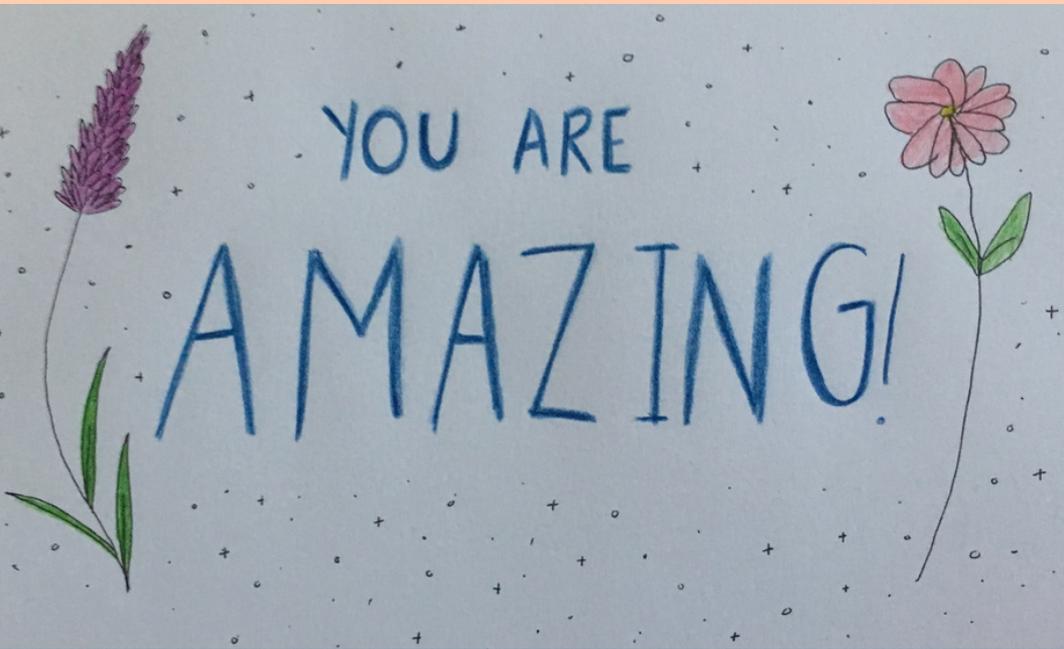
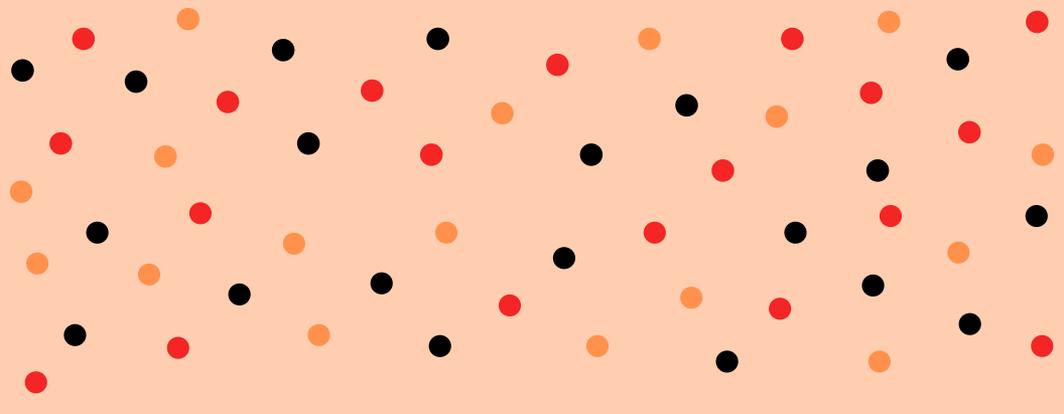
Thank You for picking up this zine. Creating this zine meant pouring our hearts into a couple of pages hoping that it'll make you smile, hoping that it makes you reflect on the world around you. hoping that you pass it on to the people that make you, you.



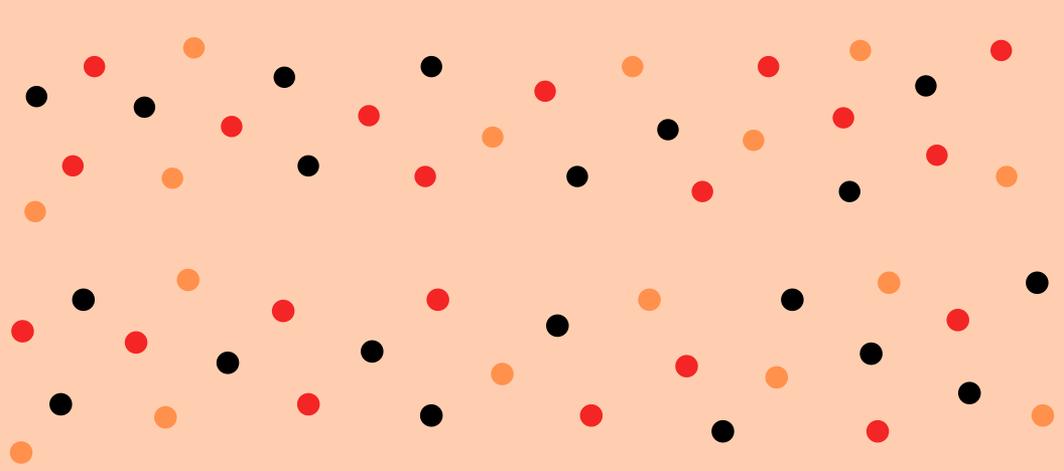
I believe the greatest things we can learn as humans beings are the stories we pass down to each other, are the conversation we engage in. I hope you hold this zine with care. How amazing is it for youth of color to put in paper their victories, laughs, despairs, triumphs, visions, love and knowledge for others to learn and receive? I envisioned a zine that carries and holds stories that are sometimes left unread, they deserved to be heard, seen and felt - brenda verano



Thank you to **The Pollination Project** for funding this zine along with amazing environmental justice work all over the world & to the **AFSC's Roots for Peace** friends, interns, and mentors for their support, vulnerability and beautiful creations .



Art by: Mary Ramirez



THE UGLY TRUTH

by: Dulce Arriola

**To the people in suits,
consider our truths**

**From Peru to Columbia to our home streets in
LA.**

Don't be fooled

We breathe this air, but in despair.

You say we smell hope, but I say "that's a nope".

All these burning fuels with no room left to grow

**Realize that "We the people" make up the
working class as much as "We the people" make
up the seat openings in congress.**

**Value our voices because worth doesn't mix well
with class.**

The inspiration for this piece derived from watching a variety of videos presented to us in a workshop about our air and how companies and manufacturing businesses- both legal and illegal- have a tendency to push the people of the land desired, disregarding the harm done to both the people living nearby and/or the environment. The ideal audience would be congress and the government who are approving and not imposing the tearing down of homes and green life. As a bigger picture, the people within the community being affected should stay united and realize that change and power are within each other. That the embodiment of their voices should be in unison with their actions for policy making influence, even when it seems like a long shot..

**5 miles away
by; Alondra Sanchez**

**The urgent call we are called to face requires your
attention for the future of our race
It's 2018, I'm 17 and stress free
Surrounded by air that is both fresh and clean
Looking up at a tree that is not brown , but green
My phone is buzzing in my pocket
My mom is asking me if I remembered my keys
Because she's closing the door and she needs to lock it
There is a moment of silence across the phone
That leads up to a impulsive lie
I can't tell my mom where I am ,
Because I'm 5 miles away from home.
I watch my neighbor Maria exit her apartment door with
her two children; Antonio and Alejandro
They are in a rush to catch the public transit to the local
park on Delgado
This park is 5 miles away and the only way to get there is
through public transit
The roads are bumpy and full of potholes leading to a
uncomfortable ride
This park is one of three in my surrounding area;
surrounded by train tracks and tagged alleyways being
the newest green space we have
We all come to this park for different reasons
Whether to get out and spend time with family
Or to hold our crush's hand calmly
I realize we all have something in common
The ability to express our voices in unity
and defeat structural barriers to equitable opportunity**

**Trees, light, sun, wind.
I see all these trees.
But, still.
I take in no air.
I see the beautiful light.
But, still.
I feel locked in this darkness of a world.
I feel the sun warming up my heart.
But, still.
I feel cold hearted.
I can feel the wind breeze through my body.
But this time.
I feel like it's pulling me towards you.
my new safe places, this garden.
I wait a whole week for Saturday
9 Saturday's
That changes your way of life
Having a community garden available to me
Having this program available to me
Change me
I'm more interactive with my Mother Nature
And I get from 10am-3pm
Just to clear my head with amazing people.
While we talk about social injustice in our Latino and
black community.
I feel powerful as a young Latina 17 years old.**

- Aliyah Villatoro

These poems reflect on how I felt about Mother Nature before I found this program (Roots for Peace). It shows how I've grown closer to her and I'm living every second of it.

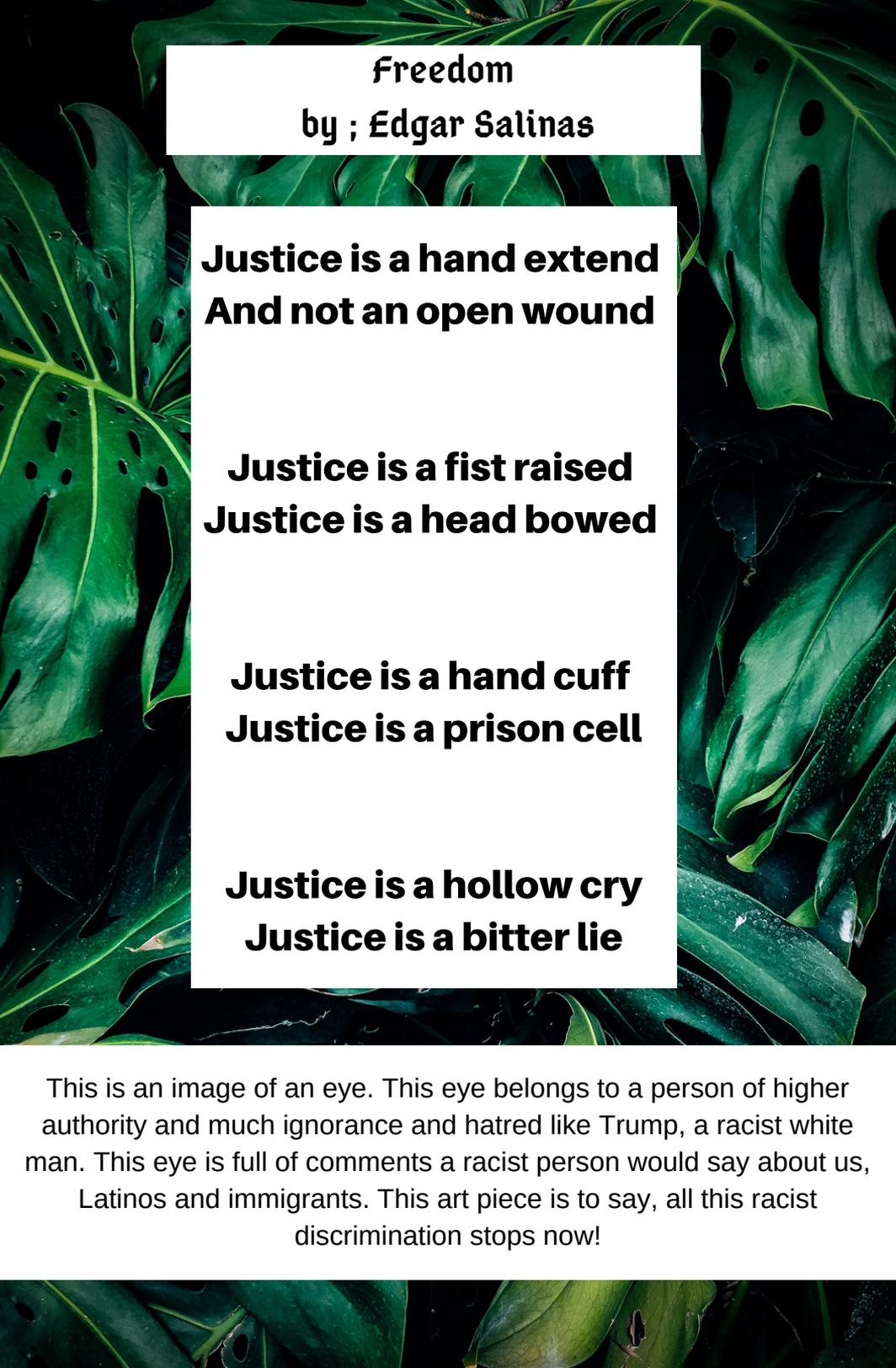
I also just wanted to just take my time to appreciate this garden and what it stands for.

my WORLD

b y; Jose Rangel

**My world, from being born
from experiencing life
from enduring pain
from coming home in welcoming arms
My world has become a dirt road
Risky and challenging, but...
Willing to run from it
From life
From the torment
Makes me who I am
I moved from place to place
community to community
I was told it was for the greater good
I looked up to them as I understood
But inside I was misunderstood
Look me in the eyes
And tell me what you see
For I release the blood that was once mine
I look up to realize I've lost my shine
I look down and I lose my mind
But if I keep moving they won't know
I come to this garden to release what I try to hide
But here it stands right by my side
It whispers, you are tired and you are hurt
It gets lost
And it gets blurred
My world is this environment
By having more of what we need
It will provide the resources we plead
And as a community, we get to succeed
A moment of silence to those that have fallen
To life, they were dedicated
Now that should be appreciated**

I wanted to portray the life someone has when they feel alone. I wanted to portray the turnout they had after being involved in an open and safe environment. I wanted to share how important green spaces can mean to anyone.



Freedom
by ; Edgar Salinas

**Justice is a hand extend
And not an open wound**

**Justice is a fist raised
Justice is a head bowed**

**Justice is a hand cuff
Justice is a prison cell**

**Justice is a hollow cry
Justice is a bitter lie**

This is an image of an eye. This eye belongs to a person of higher authority and much ignorance and hatred like Trump, a racist white man. This eye is full of comments a racist person would say about us, Latinos and immigrants. This art piece is to say, all this racist discrimination stops now!

WHAT TO QUESTION?

BY: MICHEL

**Question Justice
Or a authority
Or even question power.
Why are WE not there?
What started this whole
system?
Who placed us in this
dynamic-
of being the bottom of
the pyramid? Only
You.**

This was overall written upon the topic of colonialism and the continuation of white supremacy. I thought of writing this poem after reflecting upon all the injustices. Including the fact that all decisions that negatively affect minorities are done by white people.

I talked to my grandma today.
Sweet brown eyes, a tender heart.
When asked about her I respond saying "she's the
inspiration of this art."

"Remember, the best of homes are built out of love." my
grandma says.
Holding back.
heavy breaths.
heart shaking.

trying to let out a sentence without my voice breaking.
I tell her that even after seventeen years, the only thing I've
built is a river I've filled with all of my tears.
Now with water dripping down my cheeks I tell her that's it
appears construction might take a few more years.
No place to call home in the states because there's no love
that generates.

Trying so hard to migrate I left behind a home.

A love

A throne.

how many more years for the wait to end?

Perdoname abuelita having left you all alone, trying to look
for a better future up north, leaving before dawn without
saying a word.

I'll miss you" never slipped out of our tongues.

But everyday I wake up with your name taped inside my
eyelids

Everyday I blend my coffee to purposely taste like yours
Everyday I write, and my pens still remembers the exact
movements to spell out your name

Everyday I bleed a little more.

Everyday I take myself back.

Everyday the tape loosens

So I guess I have told you.

These are my ways, I miss you, I do.

- HOMESICK



Patriotismo

by: Marlen Hernandez

**Somos tan orgullosos de donde venimos,
Del país donde nacimos,
Y se agradece el aire,
Que no es de nadie,
Entonces porque tanto orgullo,
De un nombre que un hombre dio,
De un gobierno que se enriquece los bolsillos,
Mientras tu comes frijoles con bolillos,
Los destrozamos entre hermanos,
Cargando banderas por donde quiera,
En un lugar donde otros cargan su bandera,
pintamos líneas,
Y nos ponemos dentro de ellas,
Somos tan ciegos que no nos damos cuenta que
el odio que alimentamos,
Nos separa,
Y son los blancos,
Que están ganando la batalla.**



You know those nights where the moon is the only one to comfort you? And everything feels grey, and fog consumes your mind? You know those nights where nothing seems to make sense, and it feels like you will never make it out alive? But yet there is a light besides you, although you struggle to see it. It lights the way through a very dark place, and at some point the thick fog begins to thin, and wounds begin to scab. It is in dark times where we yearn, yet we learn so much about ourselves, but we don't have to go through it alone. Reaching out and asking for help is strength. Healing takes time and so does becoming. Let the darkness teach you, let the light lead you, and where slit wrists bled — let flowers grow. We will make it. One day we will look back and see how far we've come. In the meantime, let us stand — not alone, but together through this change of weather, with hearts full of hope

**Magical Youniverse |
Jackie G.**

Soñando con las mariposas

By: Xochil Ramirez



her soft whisper, it travels with the wind
with the stream of water in the river, and the loud crashing of the waves
the lump in my throat builds up, aching for some answers, all quenched up
and i lose sight of who i am
of where i come from and where to land

but as the cold breezes comes, she caresses me to keep me warm and safe
she is the harmony of the the bird's song at dawn
and the ray of sunlight that peaks through the clouds
i sit on a stump and gently trace its rings with my finger
in search of her wisdom

my spirit lingers on, she gently whispers as the branches sway
when you are lost, look up and you will find me
i am the shimmer of the stars on a dark night
the full moon's glow

you can find me in your abuela's eyes
the same crease on the edge of her eyelid
that your ma wears proudly as she smiles
you can see me in your ma's wrinkly hands
the hands she used to heal your childhood wounds
and nourished you in the womb

you'll see me in the spark of your daughter's eyes
when they share their dreams and hopes with you
her wrinkly brown hands the reach out for mine
i am here, she sings
in a tongue i can't always comprehend

Remember darkness and remember light
remember pain and remember joy. remember crying and laughing.
and instability and balance. and fear and peace
remember our roots and speak our truth
We are here and we will always be here
an infinite cycle of presence. *Nunca nos mataran*

African American Slave Medicine

How spirit has been
taken out of our
relationship with
the land...

I sit staring out of the 3rd floor kitchen window
police sirens fill the gentrified downtown LA street
In my reverance, I find conflict
During my meditation, my eyes fill with tears...

I have no idea why I decided to be here
In life, as me, plant based & care free.
Black and compassionate
Determined, you see,
20 and aware
While rocking bantu knots in my hair

All this time, I focused on why we chose to be
disconnected from the truth of mother nature

I know we have discombobulated roots but
why do we live like colonization didn't give
us PROOF

Proof of terrorism, genocide, miseducation
stripping agencies of wealth, knowledge and health

Truth of

Roots of sacred traditional practices that carried our mothers' legacy through every which way and form we inhabit this earth.

Roots of languages, laughter, healings and rituals. Food and land, culture, programs, gender identities and royal crowns.

It's like they turned this world upside down

We live with no regard to the land. We genetically modify mass produce the fruits. We kill the animals forget that we should coexist. We pollute our air and we act as if we don't need it to exist. We curse the blessed sacred herbs, plants and medicinals.

But every single day
everything man made
exists with no reverence to the land

We neglect earth's truth

This is how spirit has been taken out of our
relationship with the land

So I intend to be the healer.

The shaman, the priest, the prophet, the sharer of truth.
For now, we must listen.

We must internally reflect on what's been missing and
stolen from us

We must identify what's killing us and what hinders us.

There are things the ancestors will reveal for us.

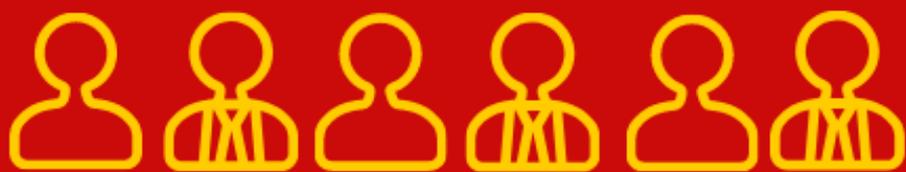
I preach the art of reclamation, collective healing and
health for the people. I preach gratitude for the land we occupy

I preach chants, spells, rituals, baths, libations and baptisms.

Through their differences, these things share the spirit of
healing.

I offer peace today ♥

- Devona Watson



KNOW YOUR RIGHTS!

WHAT TO DO IF YOU FIND YOURSELF IN
A SITUATION WITH IMMIGRATION



For additional info visit:

<https://www.afsc.org/knowyourrights>

Your Rights at Home



DO NOT OPEN DOORS

You do not have to open the door to any immigration agent or to the police unless they have a valid arrest or search warrant signed by a federal court judge. Ask the agent to pass the warrant under the door



KEEP SILENT

- ICE can use anything you say against you, in court. Say "I plead the 5th amendment and chose to remain silent." You do not have to say it in English, you can use your native language.



DON'T SIGN ANYTHING

Even if documents have your name, do not sign anything ICE presents to you. You have the right to talk to an attorney before signing anything.



DOCUMENT AND RECORD

It is important to document what is happening, become a reporter, identify badge number, number of agents and what type of car.

BE READY TO FIGHT BACK!

Get a hold of a trustworthy attorney. Write down/ remember your loved ones phone number and make a plan with your family in case of detention.



¿Qué significa “orden de arresto/cateo”?

Una orden de cateo es un papel firmado por un juez que da autorización al agente del orden para entrar y registrar su casa. Para ser válida:

Una orden de arresto debe de especificar:

- El nombre de la persona a quien se busca.
- La dirección correcta donde vive esta persona. (Esta persona tiene que estar en la casa.)

Una orden de cateo o de registro válida debe de especificar:

- La dirección que van a registrar.
- Detallar los lugares que van a registrar.
- Qué o a quién están buscando.

SOUTH CENTRAL VEGANS RECIPES

THE SOUTH CENTRAL VEGANS ARE A HOOD GROWN COLLECTIVE DEDICATED TO PROVIDING PLANT & VEGAN BASED MEALS AND RESOURCES FOR THE COMMUNITY USING LOCAL PRODUCE

SUMMER SALAD



INGREDIENTS

4-5 PERSIAN CUCUMBERS
HALF A CUP OF GRAPE TOMATOES
ONE THIRD CUP OF CORN
2 TABLESPOONS OF CILANTRO
2 AVOCADOS
- DRESSING -
HALF A CUP OF OLIVE OIL
LEMON LIME JUICE
CUMIN & BLACK PEPPER
SALT

INGREDIENTS

3-4 MEDIUM SWEET POTATOES, 3 MEDIUM TOMATOES, HALF OF A LARGE PURPLE ONION, 1 BUNCH OF BASIL, 3 CLOVES OF GARLIC, TABLESPOON OF THYME, TABLESPOON OF FRESH ROSEMARY

1. CHOP ALL THE INGREDIENTS ON A NON STICK BAKING SHEET & TOSS VEGGIES AND HERBS
2. W. OLIVE OIL SPRINKLE SALT & BLACK-PEPPER
3. BAKE FOR 40 MIN ON 350 DEGREES
4. MOVE VEGGIES AROUND OCCASIONALLY.
5. ONCE VEGGIES ARE SOFT PLACE THEM IN A FOOD PROCESSOR
6. ADD FRESH BASIL BLEND UNTIL SMOOTH
7. REMOVE FROM FOOD PROCESSOR, REHEAT THE SAUCE IN A PAN ADDITIONAL SEASONINGS - SMOKED PAPRIKA, CUMIN, GARLIC POWDER, SALT & PEPPER

SWEET POTATO SAUCE OVER PASTA



All recipes provided by
@southcentralvegans

HOOD STIR FRY



1 CUP MUSHROOMS, 1 BUNCH CILANTRO
2 CUPS BROCCOLI, 1 CUP SWEET PEPPERS, ONE FOURTH
SERRANO PEPPER, ONE FOURTH ONION WEDGE, 2 CLOVES OF
GARLIC, 2 TB SPOONS VEGETABLE OIL, 1 TB SPOON SESAME
OIL, SALT & PEPPER & GARLIC POWDER

STEP BY STEP

1. ADD 2 TB SPOON OF VEGETABLE OIL AND ONE TB SPOON OF SESAME OIL IN A PAN.
2. LET IT HEAT FOR 1 MIN
3. ADD ONION AND GARLIC SAUTE FOR 3 MIN
4. ADD SERRANO PEPPER, SAUTE FOR 1 MIN
5. ADD SWEET PEPPERS SAUTE FOR 2 MIN
6. ADD STEAMED BROCCOLI
7. LET SIT UNTIL VEGGIES BEGIN TO GRILL
8. ADD SEASONING. SAUTE
9. SHOVE VEGGIES TO THE SIDE AND ADD 1 TEASPOON OF OIL
10. ADD CILANTRO AND MUSHROOMS TO TO SAUTE FOR 1 MIN

INGREDIENTS

HALF CUP QUINOA, HALF TOMATO, ONE
FOURTH DICED BROWN ONION, HALF CUP OF VEG
BROTH, 1 CUP WATER

- SEASONING - 1 TB SPOON ADOBO, HALF
TB SPOON GARLIC POWDER, PINCH OF CAYENNE

1. BLEND TOMATO, WATER, VEGETABLE BROTH, &
SEASONING

2. OLIVE OIL ON A PAN AND HEAT FOR ONE MIN

3. ADD MINCE ONION & SAUTE FOR 2 MIN

4. ADD SAUTE QUINOA FOR 5 MIN

5. ADD BLEND TO QUINOA FOR 15-30 MIN OR
UNTIL LIQUID IS ABSORBED

SPANISH STYLE QUINOA



VEGAN CHOCOLATE ICE CREAM



INGREDIENTS

1 CUP MILK OF CHOICE
1 CUP CANNED COCONUT MILK, CASHEW
CREAM, 1 4 COCONUT COCOA POWDER, ONE
EIGHTH TEASPOON OF SALT. ONE THIRD
CUP SUGAR HONEY
CHOCOLATE CHIPS

WHISK ALL MATERIALS
FREEZE UNTIL YOU SEE AN ICECREAM
TEXTURE

Herb Love Profiles

PUT TOGETHER BY JAS MICHELLE,
SEEDS & SONG MEDICINALS



SKULLCAP

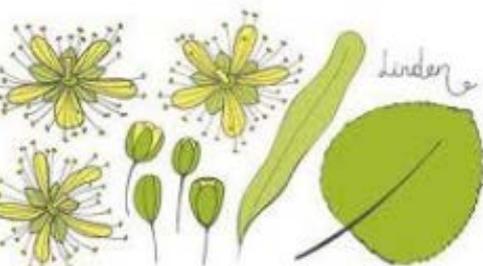
.....



nervous system support-
mood balance and boost,
insomnia, anxiety, nervous
tension, support in recovery
from a stroke or seizure, treat
high cholesterol levels,
spiritual restoration and
work, addiction treatment
and much more

LINDEN

.....



treats coughs and fever,
stress release and support,
respiratory tonic and
decongestant,
hypertension, treat high
cholesterol levels, nervous
tension and anxiety, panic
attacks, brings balance and
easement of nerves, sleep
support and insomnia



CHAMOMILE

.....

A soothing nerve tonic that can help with stress, anxiety, and sleep. Relieves mental and physical tension. Helps relax mind & body in preparation for sleep. Helpful for digestion, bowel and bladder problems.



ELDERBERRY:

.....

Major Cold and Flu Relief. Helps Lower Blood Sugar. Elder has been shown to promote both urination and bowel movements. Natural Laxative - Elderberry may also help with constipation & healthy Skin. The flowers of the elder plant are known to be an effective herbal allergy remedy. Elderberry extract have been shown to have a broad spectrum of therapeutic, pharmacologic and anti-carcinogenic properties.



HOLY BASIL/TULSI

.....



Fights Acne, Protects Against Diabetes, Helps Fight Cancer. Tulsi also helps protect your body from radiation poisoning and heals damage from radiation treatment. Balances Hormones, relieves fever and helps Improve respiratory disorders. Can help with dental Care & relieves Headaches.

LAVENDER

.....

Helpful for nervous stress. Can bring calmness and inner strength. It is soothing and strengthening to the nervous system. It can be helpful for trying to sleep. It is also a good antibacterial & antifungal.



#180282229

NEEDLES

.....



High in vitamins a & c.
powerful blood cleanser &
builder; energy support, good
fro cleansing and fasting,
allergy relief; helpful in
dissolving kidney stones; treat
UTI's. Helpful for lowering
blood sugar and blood
pressure, cholesterol, and anti-
inflammation; spiritually
supports in transmuting pain
and stress relief.

ROSE

.....



Is helpful for stress,
depression, PMS,
nervousness,
heartache/heart
break, and opening
up one's heart.

