

# Hattie Carthan Community Market & After Church Market Fall Events Calendar

Meet other community residents, get information, gain a skill or new understanding, pitch in! **All are welcome!**

**Saturday, August 30th 2014 - HCCM Samba in the market Afro/Caribbean Dance class  
School supplies giveaway**

**11:30 am to 1pm Celebrate the tastes of the Caribbean— Curry bunjhal wrap -  
Seasonal cooking demo w/longtime food educator /market founder Yonnette Fleming**  
1:30 pm—2:30 pm Caribbean dance with w/ Calabash Dance Theater Founder Ayanna  
Fredericks & Community drum artist Michael Sampson

**Sunday August 31st 2014— Bachanal jam in the market**

**3pm to 4:30 pm Afro/Caribbean cooking with Farm founder farmer Yon**

**September 6th 2014— HCCM**

**11:30 am to 1pm Seasonal Youth Demo**

**September 7th 2014—Hattie Carthan After Church market**

**1:30 pm to 3pm -Caring for your mixed basket. Struggling with extra  
veggies in your weekly basket? Join community food educator Farmer  
Yon as she demonstrates creative ways to enjoy and work with your  
weekly mixed basket. This workshop is for Hattie Carthan basket  
recipients.**

**September 13th 2014— HCCM—Creatively managing your mixed  
basket Share.**

**11:30 am–1:00pm**

**Struggling with extra veggies in your weekly basket ?Join community  
food educator Farmer Yon as she demonstrates exciting ways to  
preserve and prepare the vegetables you receive in your mixed basket.  
This workshop is for Hattie Carthan market basket participants.**

**September 14th 2014—Hattie Carthan After Church Market— Food justice 101  
3pm to 5:00 pm**

**2014 Food justice Revival Series begins with food justice farmer Yonnette Fleming**  
**Food justice seems to be the new sexy word being tossed around in the food  
movement these days. Join food justice farmer/educator Yonnette Fleming as we discuss food  
justice, what it is, what it is not. We will talk it out, draw it out and begin to identify tangible  
steps for community residents to begin shaping and informing a Just Food system.**

**September 20th 2014— HCCM—Cooking with Herbs w/ plant medicine practitioner  
Yonnette Fleming—Join us as we whip up a simple herbal dish and discuss the  
importance of herbs to human health.**

**September 21st 2014—Hattie Carthan After Church market**

**Preserving the Herbal Harvest Cooking Demo** w/ longtime community food educator  
Yonnette Fleming as we explore herbalism as Health justice .Learn to preserve the freshness of  
your favorite herbs through drying, freezing and other preservation methods and about the  
healing qualities of the herbs growing in the urban landscape.



**Saturday, September 27th 2014—HCCM**

**11:30am-1pm Seasonal youth cooking demo**

**6pm to 10pm—Hattie Carthan communal Dinner / Food justice Revival**

**Admission—\$30 per person (Tickets in market and via website)**

**Join Farmer Yon and the market crew for a delicious four course meal on the farm. Freshly baked bread, local wines, all foods grown in the geography**

**Live videos/music, Folk song drum performance**

**Sunday, September 28th 2014—Hattie Carthan After Church market**

**3pm to 4:30 pm—Food justice Revival continues**

**A Thyme for Healing. Methods and methodologies for creating communal Health spaces.**

**Join Herb farm founder/plant medicine practitioner Yonnette Fleming/ Author of "A Thyme for healing" as we explore Sacred healing practises and the use of herbs and alternative medicines as an exercise in health and food justice .**

**Western medicine is founded on a scientific basis, but we must recognize that this scientific basis holds no inherent guarantee of quality or efficacy. The culture of Western medicine places diagnosis as a central goal, whereas alternative approaches see it as less central and pay more attention to finding a safe environment in which the patient may reorder balance and health. Come learn about the word 'medicine' as understood by ancient cultures and about cultivating communal health through practises like smudging and purification, herbal medicine making, communal harvesting celebrations, talking circles and sound medicine circles .**

**Saturday, October 4th 2014 Hattie Carthan Community market**

**Noon—1:30 Youth Seasonal demo**

**Sunday, October 5th 2014 - Hattie Carthan After Church market**

**2:30pm-4pm **Preserving the Herbal Harvest/Marinade Making Workshop****

**Join farmer Yon as she demonstrates preserving the herbal harvest by crafting simple herbal marinades to help you create delicious, healthy recipes throughout the cool season from the plants in your backyards and gardens.**

**Saturday, October 11 2014 - HCCM 1:30pm-3:30pm **Bread Baking Workshop \$25 per workshop—Catch both workshops at a discounted rate of \$45 Admission is limited so sign up Early in the market.****

**Fresh baked bread included! (All grains are not created equal - Looking deeper at the value of grains in the human diet. Could the nutritional pyramid could have steered us wrong?)**

**Sunday, October 12th 2014 - Hattie Carthan After Church market**

**3:00 pm—4:00 pm Fall cooking demo with farmer Yon—Warming foods & spices**



**Saturday, October 18th 2014 - HCCM 1:30pm—3:30 pm—Bread Baking workshop \$25 per workshop. Catch both breadbaking workshops for a discounted rate of \$45. Admission is limited so sign up early.**

**Fresh bread included**

All grains are not created equal—Looking deeper at the value of grains in the human diet . Could the nutritional pyramid have steered us wrong?

**Sunday, October 19th 2014 - Hattie Carthan After Church Market**

Fall cooking demo with farmer Yon—Warming foods & spices

**Saturday, October 25th 2014 - HCCM 11am-3pm**

**Day of the Dead celebration-** *Features live ancestral altar exhibit, face painting, candied apples cooking demo, pumpkin carving ,ghoulish nature crafts and more*

**Sunday, October 26th 2014 - Hattie Carthan After Church Market 1pm-6pm**

**Day of the Dead celebration-** *Features live altar exhibit, skull making workshop, face painting, candied apples cooking demo, drum circle, and more .*

*3pm to 4:30 pm Sacred Food Ritual as a way of remembering the foodways of our ancestors*

The colonized, or Western diet, has debilitated our communities' health--body, animals and nature. It is time to reconnect with our roots, and honor the sacredness of our lands and original food traditions. It is now time for us to remember our food as sacred, or as our elders advocate, begin to "decolonize our diets." By this action we begin to strengthen our earthly relationships and reclaim our spirituality. May we remember our food as a ceremonia: one heart, one mind, one spirit-

*4:30 pm to 5:30 pm skull making workshop, face painting*

*5:30—7:00 pm Communal drum circle*

**\*Note: All Saturday events will take place at the Hattie Carthan Community Market on Clifton bet. Marcy and Nostrand. All Sunday events will take place at the Hattie Carthan After Church Market on Van Buren bet. Marcy and Throop.**