

# COMMUNITY ENGAGED SEED KEEPING AND THE PRAXIS OF SANKOFA

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Community Farm at Bartram's  
Garden  
in Southwest Philadelphia







# LET'S SET SOME INTENTION AND SET THE STAGE

30 Seconds of Silence  
Acknowledgements



# Introductions

Introducing the Land that is now Bartram's Garden

History, Community

Introducing Sankofa





at

## **BARTRAM'S GARDEN**

### Sankofa

- What does Sankofa mean?







# SANKOFA COMMUNITY FARM AT BARTRAM'S GARDEN:

[HTTPS://VIMEO.COM/241622480](https://vimeo.com/241622480)

## WHO WE ARE AND HOW WE CAME TO BE





# Our Values

- AFRICAN DIASPORIC
- INTERGENERATIONAL
- SPIRITUALLY ROOTED

# Our Guiding Goals

- ACCESS
- SELF RELIANCE AND FOOD SOVEREIGNTY
- RELATIONSHIPS / HEALING



# COMMUNITY FARM & FOOD RESOURCE CENTER



HOW THE LAND AND OUR PROGRAMS GIVE LIFE TO OUR MISSION  
YOUTH PROGRAMS  
COMMUNITY PROGRAMS





# We practice Sankofa through Seed Keeping with our Community

Seed keeping vs seed saving

Why we keep seeds?

How connection to the land can be healing



# True Love Seeds



**TRUE LOVE  
SEEDS**

[www.trueloveseeds.com](http://www.trueloveseeds.com)



Owen Taylor

Farms growing out their  
traditional crops

Profit Share

Sharing Stories and Seeds



## Black Eyed Pea



### Vigna Sinensis

Was first domesticated in West Africa. Black-eyed peas, which are actually beans, also were used as food on the slave voyages, and enslaved Africans in the Caribbean thereafter consumed these easily cultivated beans as a basic food. Black-eyed peas appeared in the fields and on the tables of whites and blacks in



SIGNATURE  
CROPS AND  
AFRICAN  
AMERICAN  
CULTIVARS



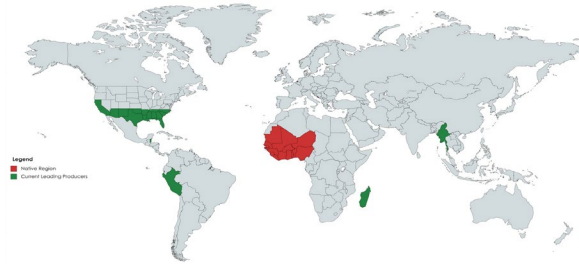


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# CROWDER PEA



## ORIGIN



This is a variety of 'cowpeas' originating in Africa. There were 're-domesticated' in Asia before they were brought to Europe and the Americas. They are tolerant of sandy soil, adaptable, heat-tolerant, and drought resistant.

## Uses and Taste

Crowder Peas have a mild, earthy taste, much like black beans. They are staple parts of diets around the world, generally prepared with herbs and spices that vary by region.

## Plant Family

Legume

## Nutritional Value

They are a rich source of proteins, fiber, and calories, as well as minerals and vitamins such as iron, zinc, and potassium.

## Did you know?

As a legume, Crowder Peas have the ability to 'fix,' or add nitrogen (a vital nutrient) to soil.





*Sorghum bicolor*  
Or "Guinea Corn," is cultivated in warm climates worldwide. Commercial *Sorghum* species are native to tropical and subtropical regions of Africa, with one species native to Mexico. Most cultivated varieties of sorghum can be traced back to Africa, where they grow on savanna lands. Sorghum is used throughout Africa to make meal, molasses and beer.

Sourghum



# Okra



*Abelmoschus esculentus*

Okra apparently originated in the Abyssinian center of origin of cultivated plants, an area that includes present-day Ethiopia. Okra is one of the plants indigenous to the African continent that was brought over to feed the enslaved Africans. Okra grows wild in the Nile delta region. In the U.S., Okra is consumed widely in the South.



## Fish Pepper



*Capsicum annuum*

The Fish Pepper is a domesticated species of the plant genus *Capsicum* originally native to southern North America and northern South America. The Fish Pepper is an African-American heirloom in popular use from the 1870's. Throughout the 19th century the Fish Pepper was widely grown in the Philadelphia and Baltimore area and was a staple in crab houses.



# African Rice



## *Oryza glaberrima*

African rice is believed to have been domesticated 2,000–3,000 years ago in the inland delta of the Upper Niger river, in what is now Mali. African Rice has been cultivated in West Africa for at least 1,500 years. Some West African countries have, since ancient times, been just as rice-oriented as any Asian nation.



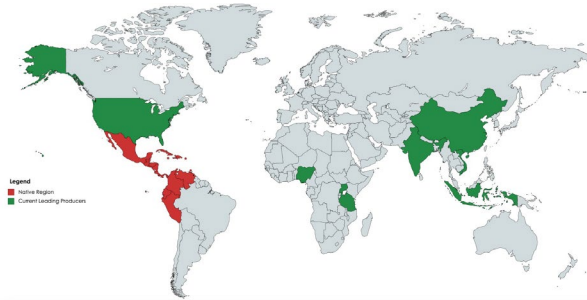


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# Paul Robeson Tomato



## ORIGIN



The Paul Robeson Tomato is an heirloom variety of black tomato originating from Russia. With great cold tolerance, the Paul Robeson Tomato is well suited for growing in all parts of the United States.

## Culinary Uses and Taste

Paul Robeson Tomatoes are delicious raw and cooked. They have a rich, sweet flavor, and a wonderful meaty texture. They are perfect for everything from salads to sauces.

## Plant Family

Nightshade  
Paul Robeson  
Tomatoes are distinguishable by their beautiful dark crimson color, with dark purple near the stem.

## Nutritional Value

The Paul Robeson Tomato is high in essential nutrients like lycopene, vitamins A & C, as well as fiber.

## Who is Paul Robeson?

Paul Robeson was an African-American rights activist, musician, scholar, and athlete. He lived in Philadelphia after he retired.



# RECIPE CARDS



## Sweet Potato Green Soup *from Ms. Yarnkai Klyron*

### INGREDIENTS

Large bunch fresh sweet potato greens  
1 onion (finely chopped)  
1-2 hot peppers (to taste)  
3 cloves garlic (minced)  
Dash of Maggi Liquid Seasoning  
Salt  
1 lb meat (dry fish, sea food, fresh fish,  
beef, oxtail, or chicken), cut into  
bite-sized pieces  
Red palm oil (organic palm oil)

Finely cut your sweet potato greens. Ensure stem is cut into small pieces.  
Mix with half the chopped onion.  
Mix the other half of the onion with the minced garlic, hot peppers and a little water.  
Put meat in a pan on medium heat with some red palm oil. Cook until done, 15-20 minutes depending on the kind of meat.  
In a new pan, add red palm oil and warm pan medium heat. Add your greens. Add Maggi liquid seasoning on top. Cover and cook for 3-5 minutes.  
Stir greens, adding blended onion, garlic and peppers. Add more seasonings if needed.  
Cover it to continue cooking. Check every 2-3 minutes.  
In 10 minutes or less, when your greens are almost cooked, add meat.  
Serve over rice.

Youth Authors: Lennal Kalawa and Quadilrah Gory | Youth Artists: Julia Vadas

THE FARM AT BARTRAM'S GARDEN | SOUTHWEST PHILLY COMMUNITY RECIPE #5 OF 9



*"Do things on time  
because time will  
catch up on you."*  
- Ms. Yarnkai Klyron

Ms. Yarnkai was born in Ghana but was raised in Liberia.

Ms. Yarnkai has been gardening since she was in 10th grade.

Ms. Yarnkai hopes to join the U.S. Navy in the near future.

  
BARTRAM'S GARDEN

City of Philadelphia  
**MuralArtsProgram** *evawo*





## How we work with our community in Southwest Philadelphia

- Markets
- Community Garden
- Home Garden Bed
- School and Rec Center Gardens
- SWWAG network
- Elders Council
- Cooking Classes
- Community Meals



PERSONAL SANKOFA  
JOURNEY  
ITS POWER TO BUILD  
RELATIONSHIPS AND  
TO COMBAT SYSTEMS  
LIKE WHITE  
SUPREMACY

VOLUNTEER DAY  
QUESTION

THE LUMPER POTATO  
SWEDES







## Challenge for you to “Go Back and Get It”

- A few recommendations for building community programming
- It's all about Relationships - do the work within yourself and your team to be open and ready to build
- Fully Listen
- Form an elders board
- Hire Young people
- Eat together
- Make space for fun and celebration



# Thank you!

- Questions?
- Wisdom?
- Connections?

