AFRICAN ALLIANCE OF RHODE ISLAND

PROGRESS REPORT, PROJECT DETAILS, AND GROWTH SUMMARY

ANNUAL REPORT CARD
2020 EDITION

BY THE AARI SUMMER 2020 INTERN TEAM

Moyinoluwa Adeniji

Jennifer Hernandez-Piña

Ivy Scott

Tara Sharma

Aïcha Farah Soukab

designed & compiled by Aïcha Farah Soukab

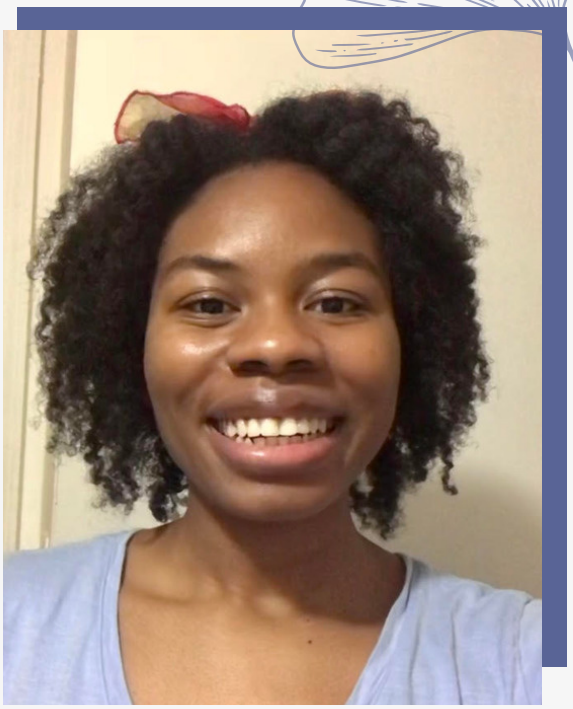
WITHIN THESE PAGES:

AFRICAN ALLIANCE OF RHODE ISLAND

MEET THE TEAM

summer 2020 interns

MOYINOLUWA ADENIJI



Moyin is a rising senior at Brown University and a pre-med student majoring in Development Studies, with a focus on health in Sub-Saharan Africa. Moyin sought out involvement with AARI because she saw great value in the multifaceted and holistic work that the Alliance does in Rhode Island's Afrian immigrant community, particularly for low-income community members, and wanted to be a part of it. When she is not working with AARI, she enjoys trying new banana bread recipes.

TARA SHARMA

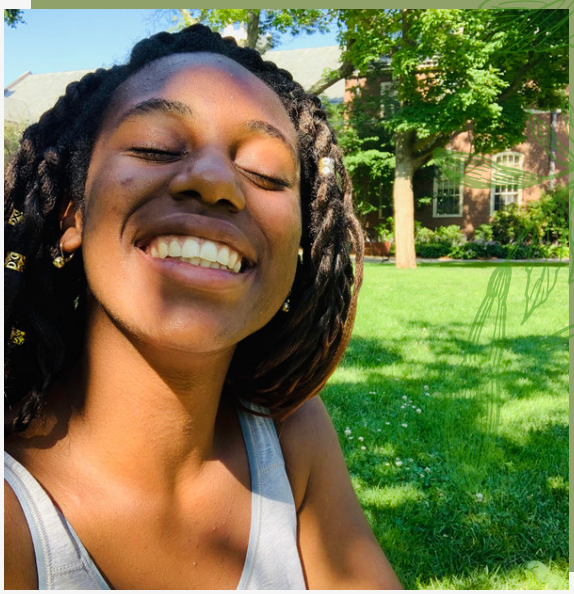
Tara is a Brown University senior double majoring in English and STS (Science, Technology, and Society) with a love of acting. She became interested in AARI due to the work it does combining racial justice and renewed food/land sovereignty. As the pandemic continues to disproportionally upend low-income communities of color (underscoring centuries of existing racial violence and exacerbating the impacts of climate inequality), she has become increasingly passionate about supporting farmers in order to secure just and equitable futures.

JENNIFER HERNANDEZ-PIÑA

Jennifer is a rising senior at Brown studying Psychology. She was drawn to AARI because of the intersection she saw in their work between two of her biggest interests: food and creative design through marketing. Excited by how that intersection could play out through acts of community-based service, Jennifer became driven to understand how she could make marketing tools more accessible to the community, given the wide range of languages spoken, communication methods, and access to new technology.

IVY SCOTT

Ivy will be a senior at Brown University and is double majoring in International Journalism and French. Her hobbies include singing and bike rides, but it was her love of storytelling that first attracted her to AARI. After meeting Julius in February, she became excited about ways to adapt her writing and narrative skills to the art of collecting and archiving oral histories, and looked forward to the opportunity to apply that skill to a community whose stories, ideas, and perspectives so often escape the pages of the history books.



AÏCHA FARAH SOUKAB

Aïcha is a junior studying Transnational Indigenous Studies and Education Studies. Some of her favorite hobbies include weaving, gardening, and making jewelry. She was driven towards AARI because issues of food sovereignty and access are deeeply tied to her lived experiences. Home for her is Oulad A'amer, a village in the High Atlas Mountains of Morocco, where livelihood is sustained through agriculture. Ethnobotanical cultural traditions are central to Amazigh village life. She is so grateful to have learned about the range of African vegetables grown locally through AARI's Farmer's Market initiative, and to be connecting her knowledges from the continent in the spirit of coalition-building.

INTRODUCTION

> *The interaction that validates who we are, our joy, our trust in each other, is no longer there for now.*

AARI PROGRESS REPORT 2020: A CONVERSATION

BY TARA SHARMA

Tara Sharma interviewed Raphael Okelola, secretary of AARI and president of the Nigerian Community of Rhode Island, and Julius Kolawole, director and co-founder of AARI, on the recent history of the organization and the challenges it faces in light of the pandemic

Tara Sharma: I'd be interested to hear from both of you about the work AARI has done over the past year—a time of enormous global upheaval with local ramifications. The pandemic has restructured not only society at large, but the work we as an organization are doing within our community. What have been some of the main highlights and challenges of the past year?

Julius Kolawole: Let's begin by looking at the board of directors. We normally meet in person and our meetings break into three distinct parts. There's the meeting before the meeting, where we joke around—nice to see you, what's going on—and learn about each other's lives. Then we attend to the agenda. Finally, at the end of the meeting, there's another chance to chat—don't forget to get back to me, I'm going to do this—in the last few minutes of conversation before we depart. It takes those three forms. Recently we have not been able to do that. The interaction that validates who we are, our joy, our trust in each other, is no longer there for now.

AARI PROGRESS REPORT 2020: A CONVERSATION

Julius Kolawole (cont.): The other piece I will add to that is that from time to time, we invite people to board meetings. We can't do that these days because everything is over Zoom. COVID-19 is asking us to think differently. I don't think any of us have the answers to the question of how you continue to interact in these relationships—learning about everyone's children, what's going on with who—all of those little details. How we're going to preserve that, I have no idea.

Secondly, there were projects that were funded for the spring that we couldn't carry through. Generally, the spring season begins around March, but was disrupted because of COVID-19. We were funded—and it was an ongoing project—to measure people's blood pressure at Black-owned barbershop. I think we completed around 38 measurements of young black men before the pandemic shut it down. We also got funded to support neighborhood gardens; 74% of residents in minority neighborhoods do gardening or grow something in their backyard. Our mission was to walk the street in the spring and encourage people to do more backyard gardening. We were looking into assisting people with soil samples, to check if there's lead, and if there is, to educate the community about it, maybe providing access to compost. That got shut down, again, because we couldn't walk around the neighborhood. We couldn't even go to the office—so that got shut down too. Almost every aspect of what we do—work we've become proficient and efficient at doing—got shut down.

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Raphael Okelola: If you're a member of a group you must have a stake in that group. The level of participation, and AARI's stakeholders, doesn't reflect where we are today. We should be far beyond where we are right now. We're not reaching the target audience we're supposed to reach. We cannot exist in a vacuum. We're supposed to be supporting certain groups, and if we're not seeing those groups present then what's the point? These are the challenges we need to iron out now that everyone's at home. We need to leverage new technologies, other ideas, other organizations. I don't seem to know the answers, but I would love for us to move beyond where we are. I know the challenge is not that people don't want to do the work. It's just that people's lives have changed, people's schedules have changed, things have fallen by the wayside because of the challenges of this period.

AARI PROGRESS REPORT 2020: A CONVERSATION

TS: How does AARI today look different from when it started? What did it look like when it started? What directions has it moved in over the years?

JK: The path has not been linear. When AARI began, the idea was that those of us Africans living in the state of Rhode Island need to come together somehow so that we can jointly look at our challenges and jointly find solutions to those problems. Whether there are ten of us, a thousand of us, or just one of us. We can look at the larger population—Cape Verdeans, which is the largest population, they've been here for over 200 years, then Liberians, about twelve to fifteen thousand, then Nigerians, eight to nine thousand, Kenyans and Ghanaians, each at about six thousand, South Africans, Tanzanians, Botswanans, the Congolese, Rwandans. There are a whole lot of us here. The idea has to do with how we collectively find solutions to common challenges.

> *"There are a whole lot of us here. The idea has to do with how we collectively find solutions to common challenges.*

The other initial goal upon AARI's conception was that when an immigrant from Africa arrives in Rhode Island, she should be able to make one phone call and find help. We're far from achieving that. But that was the idea. We quickly realized there was quite a large population of African refugees in the state. They requested to meet with us and we met quite a few times. Sometimes you can see how people look at them at the grocery store, on the street, like they are some sort of aliens… Maybe based on the way they dress, the way they walk, and so on. How do you bridge that gap? That was the thought behind sending them to the farmers market with what they grow. We also began to develop the health summit. This year is the fifteenth year. We've done some other things, but those two are the key areas of our work.

AARI PROGRESS REPORT 2020: A CONVERSATION

TS: You say that at the conception of AARI, there were common challenges that different groups of Africans wanted to come together to address. To what extent have those challenges that were identified been addressed now? What is the role of AARI as a nonprofit organization in addressing those challenges versus, say, the state and larger governmental structures?

JK: There are many points of view through which to address these challenges. The farmers market is one; the farmers are another. For example, we grow about eight different African vegetables; we sell them, and we make products out of them. To the best of my knowledge in the history of the state, that has never happened until we showed up to do this. That has contributed to the economy, health, and the conversation. Second, we have become a go-to organization; in 2013, we got funded by the Department of Health to conduct a health assessment within the African community. At that point, the state could not find us. But we know where we live; we know how to find ourselves. So the mission of that grant was to help the Department of Health understand the Africans that are here.

Four out of every five of us have, at minimum, a bachelor's degree. We are able to find jobs, raise families, have disposable income. Our dependence on the state and the city is somewhat minimal. But we do have needs; we have children who need to go to school, who may get sick, who may get in trouble. How do we speak to all of that given the fact that many of us may not even speak adequate English? AARI, like many other community organizations, step forward to talk about that, engage our community. To find ways to participate in the political process—to let politicians know that we're present.

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AARI PROGRESS REPORT 2020: A CONVERSATION

JK (cont): We ran a few programs related to food. One was called Food and Medicine. We would invite people for two hours on a Saturday morning to educate people on food as medicine. The importance of the oil you use, the salt you use, and so on and so forth. The second was called Food Voices. It was a kind of television series where we brought people together to talk in their language or dialects about the food that is a part of their community. We also have an urban gardening project involving growing your own food in the city, supported by grants from different sources.. We have six locations and nine people who are assigned a bed and can grow whatever they want to feed their families. We also have two additional community gardens. We partner with the Providence Housing Authority, running a garden at Chad Brown, a section 8 residential housing. There, nine Latina women grow their own vegetables. We have another location at Hartford Housing, also section 8, where eleven Latina women gardened there last year. This year, because of Covid, we are unable to do what we normally do. But I recently found out that some women have gone to the garden on their own and are trying to grow things anyway! I thought that was really exciting. They want to expand to other locations, but we want to wait until COVID-19 is over. For the last six years AARI has been a part of a project within Food Solution New England called 50/60, meaning that by 2060, the six New England states can grow 50% of our food.

AARI PROGRESS REPORT 2020: A CONVERSATION

RO: There are huge cultural barriers and gaps in terms of socioeconomic background. Our job is to focus on areas that have been lacking from the state. Generally speaking, if you ask any health professional they'll say that one of the biggest problems African Americans face is high blood pressure, diabetes, heart attacks—heart issues are the leading killer of African Americans in the US. We've used our health summit to focus on those areas. Growing up in Nigeria there's a different level of fresh food and vegetables accessible on a daily basis. Coming to the US, we have to go out and find those vegetables. To come from overseas to the US is really expensive. We cannot find the vegetables we want and that affects the nutrition of African people, because they are not necessarily used to the American food. Our farming and gardening has opened up a lot of doors—we've been able to grow and eat what we're accustomed to. AARI is an umbrella organization. There's the Nigerian Community of Rhode Island. There are the Ghanians, the Liberians, the Senagalese, the Congolese, the Gambians. There are huge groups of Africans that have their own organizations. We try to close gaps in those areas where individual organizations are lacking. During COVID-19 we were able to get a grant to help African people who couldn't afford to pay their rent, especially single moms. We've been able to close some gaps that have been opened by the state too.

TS: What is the role of other Providence community partners in the work that AARI does? How do you best leverage shared resources and knowledge?

JK: COVID-19 shifted our attention to look at ourselves. The culture in our community is so, so important. The larger population in our community lost our jobs. Many of us are scared, many of us don't know what to do. Many of us work in health. There's a series of headaches and challenges we're still buried in. The organization itself has not made social services a part of its goal, as a project or focus. We got some funding from the United Way and the Rhode Island Foundation, and advice to go to the food pantry. But that won't happen. The only way you know about those services is if you're a member of an organized community, like a church or a mosque. Otherwise our community members won't hear about it. The partners—churches, other organizations—take these messages out to the community to inform people about support for rent, food, and utilities. I just received two applications from individuals looking for support with food and prescriptions. We're going to attend to that. You won't know that people are in need unless you are close to them. Funding opens up doors; if people are in need, the traffic multiplies. Partners have helped, but we are still in pain, we are still afraid, we are still looking for more funding because we have almost run out. This is a challenge.

> *"Our farming and gardening has opened up a lot of doors—we've been able to grow and eat what we're accustomed to.*

AARI PROGRESS REPORT 2020: A CONVERSATION

TS: Looking ahead at the coming weeks, months, and years, what do you anticipate for AARI?

RO: Africans are social people; we like to be around other people all the time, especially weekends, summers. COVID-19 has taken that part of the culture away from us. We've been seeing some signs of depression in the African community—signs of frustrations, drug use, drunkenness, anger, violence, which is not something that has been a part of our community in the past. This is a challenge we'll have to face during this period of time. How we're going to face it will require all of our effort as a group, as a community, as a country. Most leaders I've spoken to the community are worried about that. We tend to rely on our religious leaders in times like this, but right now churches can't open, or if they do, there are limited numbers. Hopefully we'll be able to address this, to sit down as leaders and help at least some people going through those situations.

JK: Regardless of where we want to go and how we want to get there, we need to remain hopeful. This is going to be a painful learning process. I am very hopeful that our resiliency will see us through all of this. The bragging right of almost every African I know is not the car they drive, the alphabet behind their name, but the children they have. Within a few minutes of talking to anyone in our community, you can see their children come into the picture. It's the only thing we have. We call it hope, we call it the future. Your shoes can wear out, but you put your children on a different pedestal. What Raphael said is critical.

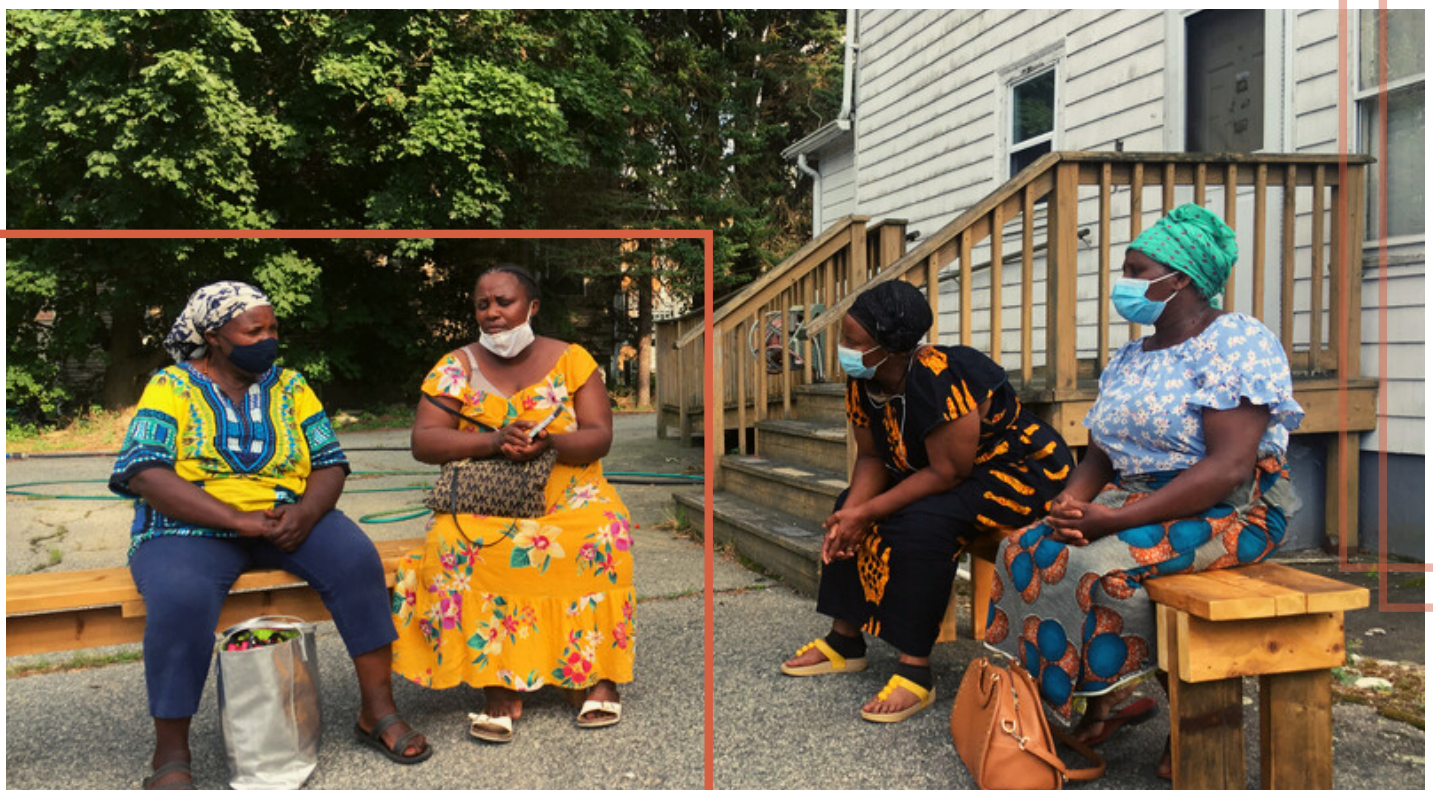
AARI PROGRESS REPORT 2020: A CONVERSATION

TS: Do you feel that it is possible to find joy and hope in these times? Where do you look to find it?

JK: I don't have an answer to that question. Can the church do a little bit more? Can the mosque do a little bit more? Last Monday at a meeting we discussed the need to come up with a "wellness check" system. For example, five people would be assigned to you, and your job would be to reach out to them, once a week, to see how they are doing. We still need to come up with the model.

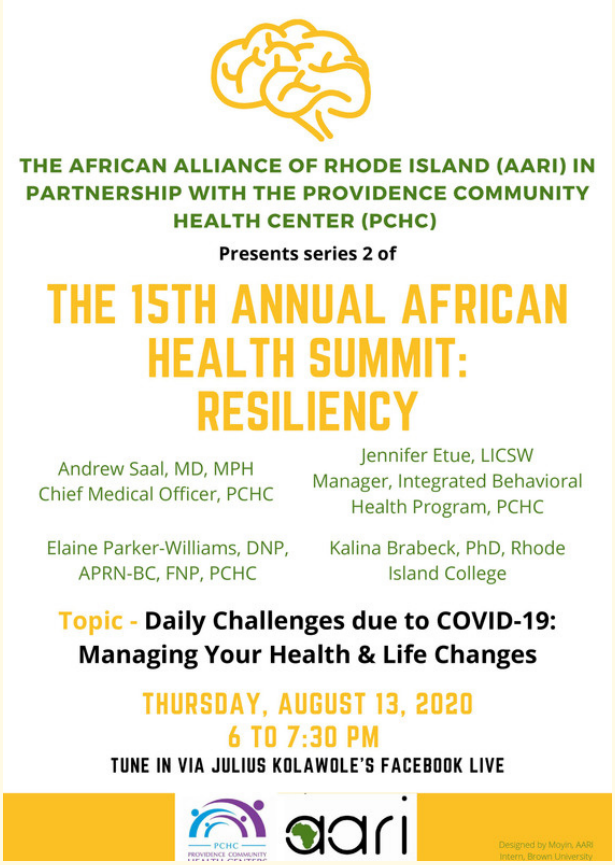
TS: Sort of like a mental health resource.

JK: But we can't call it "mental." If we call it mental, we lose every member of our community. The word has a lot of stigma attached to it. If you use that word, the door closes. The second important point which came up in that meeting—and again, we don't have answers to this, we are brainstorming—is faith. Every Sunday, almost all of us go to a church. Every Friday, almost all of us go to the mosque. We go there not just for the service but for a kind of family reunion. How do we get that back? On Sundays, every one of us wants to dress in our best. We go out of our way to feel good! During slavery, African Americans who went to church would want to stay there for a long time, because it was the only place where no one would call them names. It's a powerful image. You can see the role of Sunday in our lives, the role of dressing up. A family reunion every sunday. All of that is missing. We don't know how we're going to get it back.



MOYIN ADENIJI

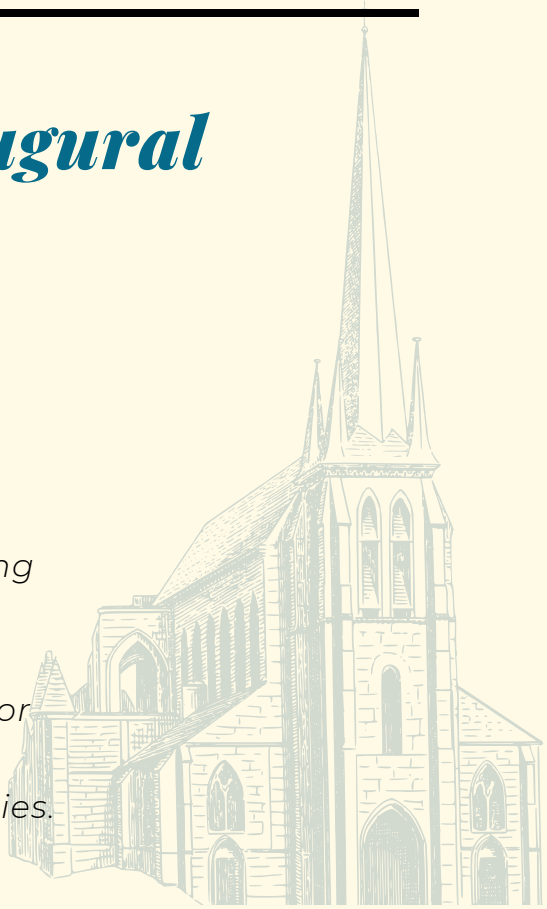
key student organizer for AARI's first-ever virtual Health Summit series & Seed Library co-coordinator



fliers from the first & second installments of the Health Summit

distributed across our community at large

Who were this year's inaugural Health Summit series speakers?

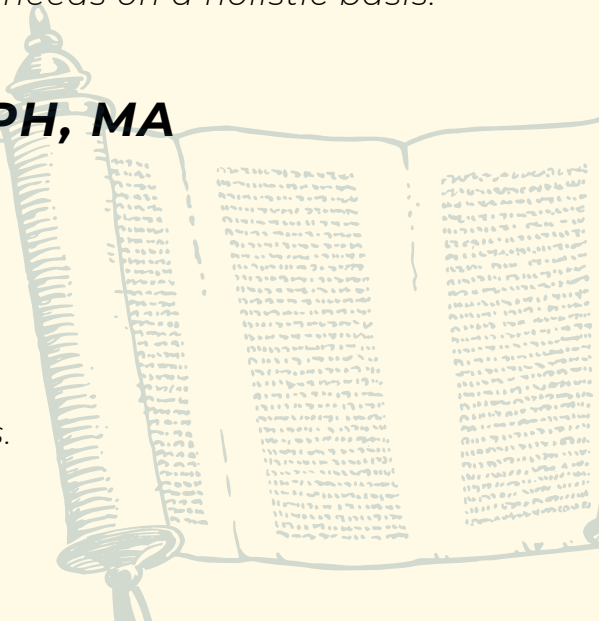


Reverend Dr. Chris Abhulime,

affectionately known as Pastor Chris, is the founding pastor of The King's Tabernacle Church located in Johnston, RI. He is an accomplished bio-pharmaceutical scientist and an active advocate for many important civic and social issues that affect Rhode Islanders, especially the minority communities.

Womazetta Jones, MA

serves as the Secretary of Rhode Island's Executive Office of Health and Human Services (EOHHS), bringing almost 30 years of human services experience to the role. Among her immediate objectives are to lead Rhode Island's ongoing transition to a health and human service network that examines an individual's health needs on a holistic basis.

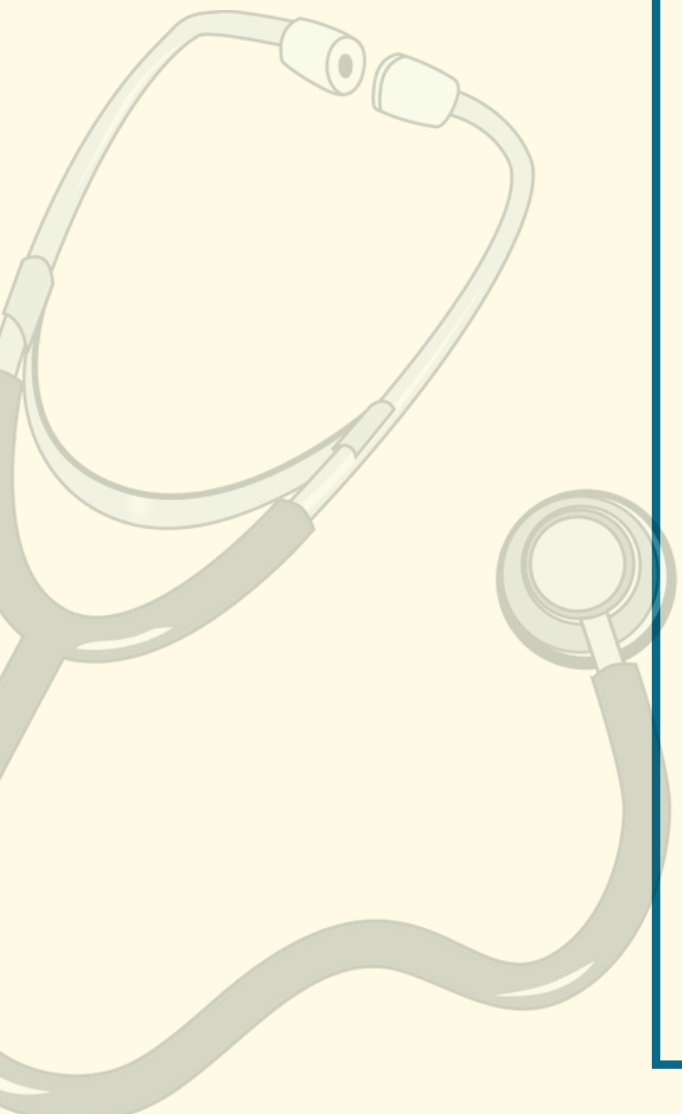


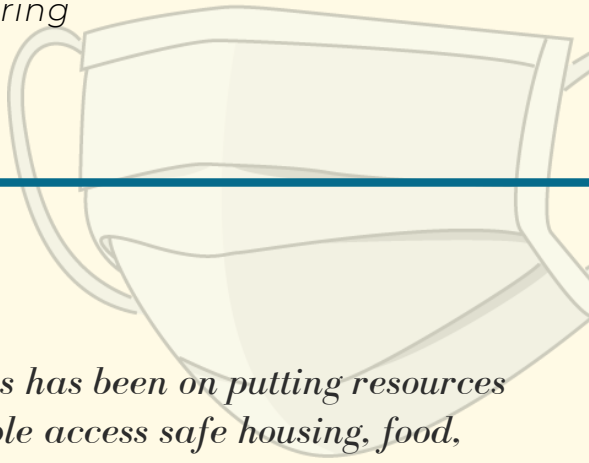
Angela Bannerman Ankoma, MPH, MA

is the Executive Vice President, Director of Community Investment at United Way of Rhode Island. Angela oversees UWRI's grant-making, public policy, government relations, research and evaluation and 2-1-1/The Point. She also has experience implementing health equity initiatives. Angela's service to the community has garnered both local and national recognition.

Nicole Alexander-Scott, MD, MPH

has been the Director of the Rhode Island Department of Health (RIDOH) since April 2015, bringing tremendous experience from her work as a specialist in infectious diseases. Dr. Alexander-Scott has established RIDOH's three leading priorities as: (1) addressing the socioeconomic and environmental determinants of health; (2) eliminating disparities of health and promoting health equity; and (3) ensuring access to quality health services for all Rhode Islanders, including the state's vulnerable populations.





> *"Our, [RIDOH], focus has been on putting resources in place to help people access safe housing, food, medicine, employment support, and behavioral and mental health support. Our teams have also worked hard to make sure that people can access healthcare and testing in their communities regardless of their health insurance, immigration status, car or vehicle status. We know that those elements are important, but we also know that resiliency is not just about bouncing back from a crisis; it's about creating the conditions for communities to bounce forward to a better place. So, my pledge to you is this, that I will be persistent in elevating the long-term solutions that are needed to help everyone have an equal opportunity to be healthy. Please keep making your voices, experiences, and solutions heard."*
> -- ***Dr. Nicole Alexander-Scott, Director of the Rhode Island Department of Health (RIDOH)***

"We are very shy people, and we don't want to ask for help even though we are hurt. And to get out of our comfort zone wasn't that easy. In the beginning we asked, everyone will say I'm fine, until we had some people who broke through. And then we started having people call us after we ran out of funds...Helping the community [through the RI foundation Grant] was very helpful. We are looking forward to helping more of the people who are in need."

*-- **Gibril Fadia, Imam and Pan-African Society Leader***

Personal Reflections on Series One

For the past 14 years, the African Alliance of Rhode Island has successfully brought African immigrants and larger communities together to educate and address our population's healthcare needs. The 2019 Novel Coronavirus has greatly informed our creativity and planning of ways to effectively bring this year's workshops to our community; we aim to harness the benefits of our partnerships with the community and our sponsors. The goal is to expand the overall health knowledge and access of African immigrants while bolstering their resiliency through a series of monthly discussions engaging the social, emotional, and financial impacts of the pandemic on our population. Our 2020 Health Summit is guided with this premise: "Resiliency is not immunity or ignoring the issues: it is treating them and moving on."

"Resiliency is not immunity or ignoring the issues: it is treating them and moving on."

The first of five series in this year's African health summit was focused on understanding and navigating the impact of Covid-19 within our community and in Rhode Island. In order to foster mutual engagement and the bilateral transfer of knowledge, we decided to have panelists who brought insight from the perspective of the community and other panelists who brought insight from the perspective of the state. On July 13, in partnership with the Rhode Island Department of Health, we held the first series of the 2020 summit. Although there were minor logistical hiccups, most attendees shared that the summit was a success. Pastor Chris shared that he was "very satisfied with [the] health summit," and Ahuma thought that "overall, it was a very good first virtual Summit, the moderator was excellent." Pastor Chris also expressed that "some of those who benefited from the grant were reluctant to join the Zoom meeting to share their experiences. It underscores the unique idiosyncrasy of the African culture of not wanting to discuss needs in public. This is why organizations like AARI need to be supported financially [in order] to continue to reach the African immigrant population in RI."

Personal Reflections on Series One (cont.)

The Q&A session was fruitful for all attendees, especially in understanding what Phase Three reopening, education, and vaccines would look like in the coming months. Ahuma expressed that "Dr. Alexander-Scott was excellent with responses." Secretary Jones and Dr. Scott shared the various resources that have been funneled into various communities. A couple notable resources included the 211 Program at United Way and the projected partnerships and shared resources with community leaders in health equity zones designed by the Department of Health. Julius expressed interest in connecting AARI to the health equity zone projects, and Dr. Scott responded that Michelle Wilson will keep her accountable on that front. Michelle also expressed that she will be sharing with AARI all the resources that the state has to offer community members.

"AARI accomplished what it set out to do for the first series in the 2020 African Health Summit: create a space to foster dialogue and bilaterally transmit knowledge."

AARI was able to put together this July 13 summit event with limited time. It was beneficial for state officials to hear from community leaders and members how the pandemic has been affecting the population; a bonus factor was the grant recipients who graciously attended and shared their personal experiences and gratitude. It was also mutually beneficial for community members and leaders to hear and understand how the state has been approaching the pandemic, especially since there has been a reduction in new cases within the state. Overall, AARI accomplished what it set out to do for the first series in the 2020 African Health Summit: create a space to foster dialogue and bilaterally transmit knowledge.

SEED LIBRARY

MOYINOLUWA ADENIJI

Seed Library Project

This is an ongoing project initiated by Food lawyer and former AARI staff member, Jumoke Akinrimisi. The project is expected to launch in 6 to 8 months. In the future, we hope to gradually include seeds from other indigenous cultures, such as Native American seeds and seeds from other regions of the African continent.

"The focus of this project will be seeds traditionally cultivated in Nigeria that can also be grown by growers in urban areas. Our focus on traditional plants and vegetables enjoyed by West African families promotes sustainable growth and education of healthy foods that are integral to a special part of the community's cultural identity."

-- Jumoke Akinrimisi

Ewedu

JUTE LEAVES

Cochorus Olitorus, also known as saluyot, ewedu or lalo, depending on the region they are being cultivated or cooked in. The leaves have slightly toothed edges. When harvested young, jute leaves are generally flavourful and tender; on the other hand, older leaves tend to be fibrous and woody. (Source: food.ndtv.com)

Uziza

BENIN PEPPER

Piper guineense, is a West African species of Piper; the spice derived from its dried fruit is known as Ashanti pepper or Benin pepper, and locally referred to as kukauabe, masoro, etiñkeni, sasema, soro wisa, and uziza. It is a close relative of cubeb pepper and a relative of black pepper. Benin pepper grains are smaller and smoother than Cubeb pepper in appearance and generally bear a reddish tinge. The plants that produce the Benin pepper are vines that can grow up to 20 meters in length. They are native to the tropical regions of Central and Western Africa and are semi-cultivated in countries such as Nigeria where the leaves, known as uziza, are used as a flavouring for stews. (Source: Gernot Katzer's Spice Pages)

Ila

OKRA

Abelmoschus esculentus, is a flowering plant in the mallow family valued for its edible green seed pods. The geographical origin of okra is disputed, with possible West African, Ethiopian, and South Asian origins. The plant is cultivated in tropical, subtropical and warm temperate regions around the world, and commonly used in Nigeria to make a stew or soup. (Source: Lost Crops of Africa: Volume II: Vegetables)

Efo Tete

GREEN VEGETABLE

Amaranthus tricolor, is one of the most commonly found green leafy vegetables in Nigeria. Usually eaten by adding to soups and serving with a carbohydrate rich side dish, the plant is known to be nutritionally superior to other vegetables such as spinach, with three times more calcium and vitamin B3. (Source: Funke Koleosho's Food Blog)

Vegan Carrot Apple Jam Muffins

Jennifer Hernandez-Pina

ABOUT THIS RECIPE

EXPERIENCE BAKING

I made this recipe twice to find the perfect ratio of ingredients and the perfect taste and texture. The first time, I think I overmixed the batter, leading to a gummy texture. The muffins were also a bit too sweet, so I needed to test adding less sugar.

FROM MY TASTERS ON BATCH 1:

"I like the flavor a lot, but the gummy texture is really weird."

FROM MY TASTERS ON BATCH 2:

"These muffins have really wonderful spicing and better texture!"

The Winning Recipe Checklist

INGREDIENTS

- 1 ½ cup of all purpose flour
- ½ cup white sugar
- 2 teaspoons baking powder
- 1 ½ teaspoons cinnamon
- ½ teaspoon salt
- ¼ teaspoon nutmeg
- ⅔ cup almond milk
- ½ cup canola or vegetable oil
- 1 tablespoon lemon juice or apple cider vinegar
- 2 teaspoons vanilla
- ½ scant cup AARI Carrot Apple Jam

Recipe Information

Prep Time
15 minutes

Cooking Time
18 - 20 minutes

Yield
12 muffins

Step 1

PREHEAT OVEN TO 400° F.

Step 2

IN A LARGE BOWL, WHISK TOGETHER DRY INGREDIENTS

Step 3

IN ANOTHER BOWL, MIX TOGETHER THE MILK, LEMON JUICE, AND VANILLA

Step 4

ADD THE WET INGREDIENTS TO THE DRY INGREDIENTS, ADD THE OIL AND CARROT APPLE JAM

Step 5

STIR MIXTURE UNTIL JUST COMBINED. BE CAREFUL NOT TO OVERMIX. LUMPS ARE OKAY IN THIS BATTER!

*Over-mixing will create a gummy texture in your muffins

Step 6

LINE MUFFIN TIN WITH PAPER CUPS OR LIGHTLY GREASE THEM. DIVIDE THE BATTER EVENLY AMONG THE MUFFIN TIN

Step 7

BAKE MUFFINS FOR 18-20 MINUTES OR UNTIL A TOOTHPICK INSERTED IN THE CENTER COMES OUT CLEAN. LET MUFFINS COOL IN THE PAN AND THEN ENJOY!

Final Thoughts

"YUMMY!"

"THE UNIQUE SPICING OF THE JAM REALLY ADDS TO THE MUFFIN."

"OH MY GOSH THEY ARE SO FLUFFY. ALMOST CAKE-LIKE!"

Muffins Veganos de Mermelada de Zanahoria y Manzana

Jennifer Hernandez-Pina

SOBRE ESTA RECETA

EXPERIENCA COCINANDO ESTA RECETA

Hice esta receta dos veces para encontrar la proporción perfecta de ingredientes y el sabor perfecto. La primera vez, pienso que mezclé los ingredientes de más y los muffins salieron gomosos. Los muffins estaban muy dulces, entonces tuve que agregar menos azúcar la segunda vez.

LA PRIMERA HORNEADA - LOS PROBADORES DICEN:

"Me gusta el sabor, pero la textura gomosa es muy rara."

LA SEGUNDA HORNEADA - LOS PROBADORES DICEN

"Estos muffins tienen un sabor maravilloso y la textura es mejor que la primera vez.

La Receta Ganadora

INGREDIENTES

- 1 ½ taza de harina
- ½ taza de azúcar blanca
- 2 cucharaditas de polvo de hornear
- 1 ½ cucharaditas de canela
- ½ cucharadita de sal
- ¼ cucharadita de nuez moscada
- ⅔ taza de leche de almendras
- ½ taza de aceite de canola o aceite de vegetal
- 1 cucharada de jugo de limón o vinagre de manzana
- 2 cucharaditas de vainilla
- ½ taza de mermelada de zanahoria y manzana de AARI

Informacion sobre la Receta

Tiempo de Preparación
15 minutos

Tiempo Cocinando
18 - 20 minutes

Produce
12 muffins

Paso 1

PRECALIENTE EEL HORNO A 400° F.

Paso 2

EN UN BOL GRANDE, MEZCLA LOS INGREDIENTES SECOS

Paso 3

EN OTRO BOL, MEZCLA LA LECHE, EL JUGO DE LIMÓN Y LA VAINILLA.

Paso 4

AGREGA LOS INGREDIENTES HÚMEDOS A LOS INGREDIENTES SECOS, AGREGA LA MERMELADA DE ZANAHORIA Y MANZANA

Paso 5

REVUELVE LA MEZCLA HASTA QUE SE COMBINE. TENGA CUIDADO DE NO MEZCLAR DE MÁS. ¡LOS GRUMOS ESTÁN BIEN EN ESTA MASA!

*Mixteando de más crea una textura gomosa en los muffins

Paso 6

CUBRE EL MOLDE PARA LOS MUFFINS CON VASOS DE PAPEL O ENGRASA EL MOLDE LIGERAMENTE. DIVIDE LA MASA EN EL MOLDE.

Paso 7

COCINA LOS MUFFINS EN EL HORNO POR 18-20 MINUTOS O HASTA QUE UN PALILLO INSERTADO EN EL CENTRO SALGA LIMPIO. ¡DEJA QUE LOS MUFFINS SE ENFRÍEN EN EL MOLDE Y LUEGO DISFRÚTALOS!

Últimos Comentarios

"DELICIOSO!"

"LAS ESPECIAS ÚNICAS DE LA MERMELADA AÑADEN MUCHO A LOS MUFFINS"

"LOS MUFFINS SON ESPONJOSOS, COMO SI FUERAN PASTEL!"

Vegan Thumbprint Cookies

ABOUT THIS RECIPE

EXPERIENCE BAKING

I made this recipe once and was very happy with the results. These cookies are usually made with more traditional jams, so I thought it would be interesting to incorporate AARI's Carrot Apple Jam in this cookie!

Recipe Checklist

INGREDIENTS

- 1 cup vegan butter (I used Country Crock baking sticks)
- ½ cup white sugar
- 2 cups all-purpose flour
- ½ teaspoon salt
- 1 teaspoon cinnamon
- ⅓ cup AARI Carrot Apple Jam

Recipe Information

Prep Time
45 minutes

Cooking Time
15 - 16 minutes

Yield
20 cookies

Step 1

ADD THE VEGAN BUTTER AND SUGAR TO A BOWL AND CREAM THEM TOGETHER WITH AN ELECTRIC MIXER.

Step 2

ADD IN THE FLOUR, SALT, AND CINNAMON. STIR IN BY HAND UNTIL A THICK DOUGH COMES TOGETHER

Step 3

BREAK OFF PIECES OF THE DOUGH, ROLL INTO BALLS AND PLACE BALLS ONTO A BAKING TRAY LINED WITH PARCHMENT PAPER

Step 4

USE YOUR THUMB TO CREATE THUMBPRINTS IN THE CENTER OF THE DOUGH BALLS. IF THE DOUGH CRACKS ALONG THE EDGES, USE YOUR FINGERS TO SMOOTH OUT THE CRACKS AS BEST YOU CAN

Step 5

PLACE THE TRAY WITH THE COOKIES INTO THE FREEZER FOR 15 MINUTES SO THAT THE COOKIES CAN FIRM UP

Step 6

AFTER 15 MINUTES BRING OUT THE TRAY, PREHEAT THE OVEN TO 350°F (180°C) AND FILL THE THUMBPRINTS WITH CARROT APPLE JAM.

Step 7

BAKE IN THE OVEN FOR 16 MINUTES UNTIL THE EDGES OF THE COOKIES ARE SLIGHTLY BROWNED.

Final Thoughts

"THE COOKIE IS SO SOFT AND BUTTERY."

"I LOVE THESE COOKIES. ARE YOU MAKING MORE?"

"NEXT TIME, THERE NEEDS TO BE MORE JAM. I LOVE THE FLAVORS TOGETHER!"

Mantecaditos Veganos

SOBRE ESTA RECETA

EXPERIENCA COCINANDO ESTA RECETA

Hice esta receta una vez y estaba muy contenta con los resultadoes. Normalmente, estas galletas estan hechas con mermelades tradicionales, pero queria intentar hacerlas con la mermelada de zanahoria y manzana.

La Receta

INGREDIENTES

- 1 taza de mantequilla vegana (usé palitos de mantequilla de Country Crock)
- ½ taza de azúcar blanca
- 2 tazas de harina para todo uso
- ½ cucharadita de sal
- 1 cucharadita de canela
- 1/3 taza de mermelada de manzana de zanahoria

AARI

Informacion sobre la Receta

Tiempo de Preparación
45 minutos

Tiempo Cocinando
15 - 16 minutos

Produce
20 galletas

Paso 1

AGREGA LA MANTEQUILLA VEGANA Y LA AZÚCAR A UN BOL Y BÁTELOS CON UNA BATIDORA ELÉCTRICA.

Paso 2

AGREGA LA HARINA, LA SAL Y LA CANELA. REVUELVE CON LA MANO HASTA QUE SE FORME UNA MASA ESPESA

Paso 3

ROMPE PEDAZOS DE LA MASA, HAS BOLAS Y PON LAS BOLAS EN UNA CHAROLA PARA HORNEAR FORRADA CON PAPEL DE HORNO

Paso 4

USA TU DEDO PARA CREAR HUELLAS EN EL CENTRO DE LAS BOLAS DE MASA. SI LA MASA SE ROMPE EN LOS BORDES DE LAS GALLETAS, USA LOS DEDOS PARA SUAVIZAR LOS BORDES LO MEJOR QUE PUEDAS.

Paso 5

PON LA CHAROLA CON LAS GALLETAS EN EL CONGELADOR POR 15 MINUTOS PARA QUE LAS GALLETAS SE ENDUREZCAN

Paso 6

DESPUÉS DE 15 MINUTOS, SACA LA CHAROLA, PRECALIENTA EL HORNO A 350 F° (180 C°) Y LLENA LAS HUELLAS CON MERMELADA DE ZANAHORIA Y MANZANA

Paso 7

COCINA EN EL HORNO POR 16 MINUTOS O HASTA QUE LOS BORDES DE LAS GALLETAS ESTÉN LIGERAMENTE DORADOS.

Últimos Comentarios

"LA GALLETAS SON TAN SUAVES Y MANTECOSAS".

"LA PRÓXIMA VEZ, LAS GALLETAS DEBEN TENER MÁS MERMELADA. ¡AMO LOS SABORES JUNTOS!

"ME ENCANTAN ESTAS GALLETAS. ¿VAS HACER MÁS?"

Ivy Scott

Oral history compiler;
Director of Narrative Project: "Health, Wellness, & COVID-19"

EXCERPTS FROM THE NARRATIVES

Willie Borkai

Public health researcher, Liberian, 29 | June 26, 2020

I started this job one month before we were told to work remotely, so what's been challenging for me is working remotely as part of a new team. I'm not able to just go to someone's office and say, "Hey, what's this?" or "How's that?" I have to schedule a time to talk to them and email or call or text them. So that has been challenging, just getting in touch with people on the team. As for what's been helpful, COVID has helped us all to think differently. We wouldn't be doing the things that we're doing now if COVID hadn't happened, and we've learned that all the things we thought needed to be done in person don't have to be. We can have participants fill out forms online, make the visits shorter, and we now have better skills for how to do online recruitment.

When I think of my direct research that I do with my PI, we're typically informing parents and young kids about obesity. In this moment, we're doing research to help people in the future understand the impact of what COVID does to them, and what it costs them, health-wise. We'll also be able to compare data from prior to COVID to after COVID, especially participants who were previously enrolled in our study and who have yet to complete the program. For example, say we measure a kid before COVID and he weighs 110 lbs. We re-measure him after COVID and he's 130, we'll know that COVID is related to X and Y other factors, and through qualitative measures, we'll be able to find out what happened during COVID that caused that weight increase.

Let's say at your home, you're eating a lot. Naturally, you're gonna gain weight. But you may have better access to food now depending on your socioeconomic status, or you may just have more fast food because there's no time to cook. Or you may have a lot of downtime where you're just sitting around, because the virus prevents some people from being really active. I think sometimes the job can be hard because we're not in a position to help people in the moment, but we'll have really valuable data for the future.

Janelle Amoako

Agency nurse, Ghanaian-American, 27 | June 23, 2020

I'm what they call an agency nurse. I'm at Mass General right now but I work at different facilities across the country based on what they need; I don't have to be in a particular area.

In a matter of weeks, our lives completely changed. I remember in the beginning of March, some friends came to visit me from Rhode Island. I was going out with them and my coworkers in D.C. every night to eat, and then literally two weeks later, everything was shutting down. It was crazy. Then there was also the fear of taking care of COVID patients, especially in the beginning. Leading up to my first day, there was definitely a little bit of concern, but I honestly can't say I was fearful. I don't know why, but I just sensed somehow that I was going to be fine. Still, I had to take precautions. Wearing a mask, constantly cleaning, all that stuff.

One of the hardest things for me to see was that most of the patients were people of color, but as a person of color, I don't think there's any surprise. A virus is globally sweeping the world and at the bedside, most of my patients are Latinx? That doesn't happen by accident. There's a lot of things that are already stacked against us people of color, no matter the industry, but seeing something so evident was incredibly disheartening, to think that there's yet another thing that's going to hold our people back.

In my own unit, at least 80% of the patients were Latino. 10-15% were African American or Black. I probably had one or two Asian patients, and then a sprinkle of Caucasian. At the height of COVID, there were 12 COVID-designated units at Mass General and talking with my colleagues in the hospital, I found that the consensus was pretty much the same everywhere. And communicating with my former colleagues in D.C., they told me that a large number of patients came from the city's Black population.

So do I think that being a Black woman in the health field is advantageous? One hundred percent.

I had a gentleman come up to me recently to say, "I can't tell you enough how happy I am to see that you're the nurse caring for us." And I wasn't even his nurse. That was really powerful, how just being who I am allows other people to feel more open and more secure. That's why having more of us in this profession is so important—a lot of times it's not the fault of our white colleagues, but they don't understand how to communicate and relate to our people. So I think it's really important that people of color continue working to close that gap.

EXCERPTS FROM THE NARRATIVES

Christopher Abhulime

Pastor (Kings Tabernacle Church), Nigerian-American, 52 | July 3, 2020

My role has changed quite a bit since the pandemic began. The church had to close due to the COVID virus in March. Not being able to have physical church gave us the opportunity to begin to explore virtual church and online services, and that is a blessing in disguise. We're able to reach a lot more people than we would have otherwise if we continued to have services in-house. On the flip side, we miss the fellowship that we share together as a church, because as Africans, we rely on each other's support. We grew up in a communal setting, and so not being able to have a physical service took away that communal part of our lives, where we rely on and encourage each other. The church plays quite a big role in that. Because of that, we didn't feel very good about not being able to have church, but again, we had to close because the virus was spreading, and we didn't want people to be at risk.

Part of managing the crisis is trying to stabilize individuals' emotions and to help them understand that this is one aspect of life that we will need to go through and overcome with faith in God, believing that we will survive it and it will one day be over. But you have folks who lost their jobs, who are in very serious situations. With that comes additional stress, and my role is to try to help them as best as I can. Churches have always has been that bridge between the government and the people when it comes to providing resources and helping individuals who are in serious need. When churches stopped functioning because of the coronavirus, the inability to bridge that gap became a problem. Plus, prior to COVID, we didn't have a lot of people who were unemployed in our community, and we didn't have that many needs.

But you have to collaborate to pull resources together, because we cannot walk away from the need within society. We're not politicians that come and go, we're not voted into this responsibility. We don't have term limits; we have people who rely on us over time and have trusted us to help them out in good times and bad times. This is our calling. We are community leaders, we have people who have historically depended on us and we need to find a way to help them out, especially in times of desperate need. And so when you have so much need, you just don't walk away. You have to think outside the box and say, okay, how do I meet the need within our community. So that helped us to begin to build partnerships and work with other organizations, those that we normally wouldn't be interacting with at this level of resource-sharing. It has been successful for the most part, because now we have many organizations coming together to focus on sharing and apportioning resources as appropriate.

Temitayo Sonubi

Retired nutritionist, Nigerian-American, 65 | July 7, 2020

I usually do outreach, before COVID. What really got me to start was when the AIDS epidemic started and people were dying a lot in the hospital. Now I mostly see Africans and people of color who come with hypertension and cardiac problems. I'm like, if so many people are coming in here with hypertension, there's something they are doing wrong and they don't know. They think there's so little they can do to control it. So I started to go to churches all around the state to teach about healthy eating: cutting down on salt intake and everything. It blew up so big that people started calling me at the hospital to come to their churches. The following year, the admission level of patients with high blood pressure was going down, down, down.

Now with the pandemic, I can't go out. I just go out and get the necessary things that I need from the store. Go in quick and get out. I don't roam about, I know what I want. You have to listen to the experts, because this thing is real. It's right here. I really do wish I could be in the community more, though. I'm waiting and hoping that this recedes a little bit, then I'll be able to reach out into all those areas that I can be of help.

Even so, I've been learning lots from the pandemic. What you can do now, never put it off, because you never know what will happen. Don't say, "Oh, I'm going to leave this for tomorrow." Because people do that a lot and look at things now! You can't go anywhere. You can't do things that you need to do. You're lucky if you can even plan for something.

I learned not to take things for granted, not to think that anything will always be there. It's there for us now and that's enough. It's only through the grace of God that we have what we have, that we do what we do. Be very thankful for everything you have, be grateful that God gave it to you, and that you're able to care for people. Be very caring and have empathy.

That's why I love my job. To tell you the truth, if not for my age, I thought I'd be working forever. I love to work with people. I love to take care of people. There's so much going on in the world, you have to reach out. Not that you don't take care of yourself, but I believe in sharing at least some of whatever you have. It might be knowledge, it might be resources. Share it, because you'll touch lives. You never know how it's gonna impact someone or what it can bring. Maybe it can impact millions, you don't know. So whatever you do, just have that at the back of your mind, to be very helpful.

EXCERPTS
FROM THE
NARRATIVES

Mrs. MW

Nurse, Nigerian-American, 48 | July 3, 2020

It was so disturbing because our nursing home and a few other homes were the first ones to get hit. We got hit in the middle of March, when information wasn't even available yet. We didn't really know what was going on at first when those patients were dying one after the other. Then when we discovered it was COVID, they tested some of them, then they tested us. And prior to that, all that equipment wasn't available—the masks, the gloves, the gowns. All those personal protective equipments were not available at the beginning.

It was only later on that the State of Rhode Island started giving those things out to us, so [until then] we did what we could do. I would take off my clothes right when I came into the laundry room, my husband would have clothes ready for me to change into. So I would change into those clothes and I would go straight to the bathroom to shower. My husband would wipe everything, the knobs in the house, the railings, and then those Clorox wipes were not available anymore, it was just very tough.

At some point I realized that I couldn't keep working at the nursing home. This is a difficult, a very different virus that is running out there. To me, it was out to kill, because we've seen six patients die in a day. There was a day 10 patients died right in front of us, and there was nothing we could do. It was one of the most difficult decisions I've made in recent years, but now I work solely in a building that is COVID free, just to protect my family.

Even the job I work now looks really different because of COVID. I have a medical director that won't even come in at all because she has an 80 year old mother that she takes care of at home. She does all her assessments and everything via telemedicine. The rest of us are tested weekly, so you have to have that thing stuck up your nose every week, which is kind of difficult, but necessary to protect the patients and to protect ourselves.

Before you can come through the door they check your temperature, ask you questions. You have to wear a mask all the time, you have to wear an eye-shield, goggles on, gloves. Then we have a floor that is dedicated as the quarantine floor where we put all our new patients when they come in. Even though they test negative in the hospital, when they come into the facility, we have to isolate them for two weeks. Before you can assess those patients, you have to wear the N-95 masks, change your gloves, change everything for each patient. It is hard, everybody trying to stay away from each other, trying to keep safe. It's just so different. Everybody's just praying that it's going to go away.

Tara Sharma

FARMER'S MARKET COORDINATOR, BRINGING FRESH VEGETABLES FROM AARI'S URBAN GARDENS TO AN ONLINE FARMER'S MARKET AND BEYOND

MEET THE FARMERS

Seraphina

Originally from Burundi, Seraphina has lived in Providence for the last eleven years, nine of which she has spent farming. Since arriving in Rhode Island, she has developed methods of using compost and has learned how to cultivate crops that are less common in Burundi. Because of disruptions to life caused by COVID-19, Seraphina was not able to plant her seeds on time, and as a result, she hasn't been able to grow nearly as much produce this season as she would be able to any other year. Seraphina works on Bami Farm full-time.

Marie

Marie began farming for three main reasons. First, she wanted to be able to eat African vegetables, which she wasn't able to find at local grocery stores. Second, she enjoyed eating the food she was able to grow on her own. Third, farming gave her a sense of agency, responsibility, and independence; she could commute to Bami Farm on her own, manage her own plot of land, and schedule her day however works best for her. Marie came to Providence from Rwanda 14 years ago; she has been growing food for the past nine years, first in smaller urban gardens in Providence, and since last year, at Bami Farm in Johnston. At the beginning of the pandemic Marie was scared, and for safety reasons, wanted to stop coming to the farm. Due to a combination of a late start, a wet spring, and a dry summer, she has found it to be a particularly challenging growing season.

Mwasita Rehema

Mwasita moved to Rhode Island five years ago and has been farming for the last four. Prior to that, she lived in the Congo and Tanzania, where she worked on farms since she was a child. While she valued the ability to farm year round in Africa, the lack of mechanized labor made the work much more taxing; here, she's able to grow more of what she wants with the help of machines to clear the land. Due to coronavirus, Mwasita, like most other farmers, wasn't able to plant her seeds on time, setting her growing season back.

Zera Namenyimana

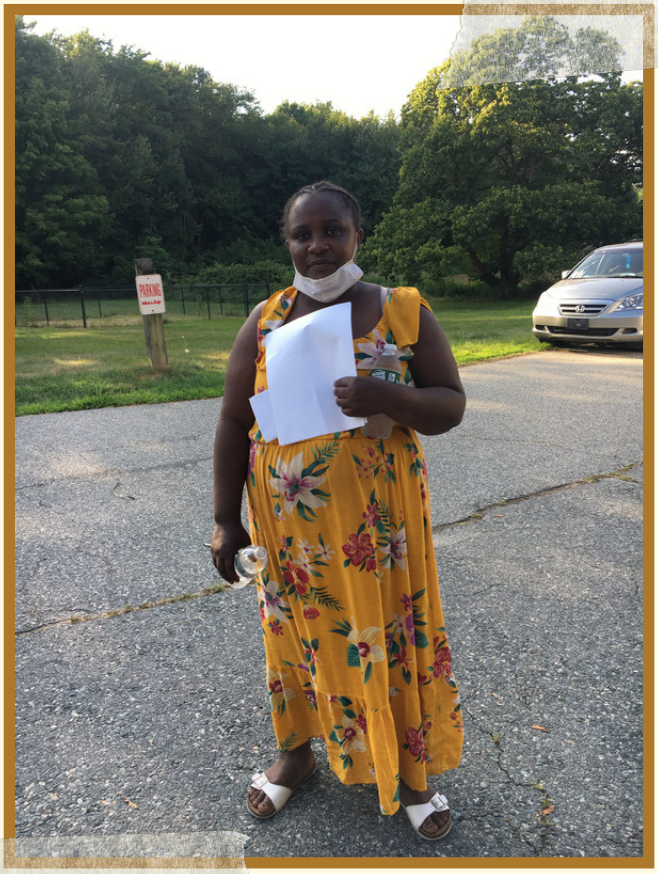
When Zera left Burundi and came to Providence ten and a half years ago, she was dealing with health issues that prevented her from finding work. She had experience farming in Burundi and figured that she could do the same work here. Eventually, she met Julius, who connected her to a garden in Providence where she could grow food on her own terms. Unlike an office job, where her daily schedule would be determined by someone else, farming allowed Zera to determine a healthy work routine for herself. She typically works at Bami Farm Monday through Saturday, from 7am to 2pm. But beginning in mid March, when the pandemic was intensifying in Rhode Island, Zera was afraid of contracting the virus from the bus, which she usually relies on for transportation to work. She began to rely on other people for rides, but often wasn't able to secure them, requiring her to stay at home. This was a major disruption to her daily routine, and consequently, the rest of the growing and harvest season.

Solange

Solange has been living in Rhode Island for five years. A year after arriving here, she decided to put to use the farming skills she had learned living in the Congo, where she is from. At the beginning of the pandemic, Solange was quite scared. In addition to working at Bami Farm, she worked part-time at a hotel, where she was exposed to many people every day. By late March, Solange lost her hotel job, but had to spend that time caring for her five children under the age of twelve, who were all at home during the day due to the school system shutting down. These major disruptions to Solange's life in March and April put a major strain on the rest of the farming season.

Audria

Originally from the Congo, Audria was a refugee in Rwanda before arriving in Providence. As a child, she did not attend school and instead learned farming by helping her mother. For the last four years, she has been living and farming in Rhode Island. In the Congo and Rwanda, Audria worked manually, clearing the land with her own hands, and appreciates that here, she has some access to mechanized labor. Due to the disruptions of COVID-19, Audria was not able to plant on time at the beginning of the season—which, in addition to a wet spring and dry summer, has stunted her harvest.



Charlotte

From Rwanda, Charlotte has been living in Providence for the last seven years, where she has been able to teach herself English by listening to and having conversations with people on the street. Charlotte began farming in Rhode Island partially because of her mother, Marie, but also because she wanted the exercise and physical flexibility that a daily desk job prohibits; plus, she loves being able to eat the vegetables she grows herself. Every day except for Saturday (which she spends with her kids) Charlotte leaves for the farm at 6am and returns at 8pm. But like everyone else, she was not able to get the farm prepped in time because of disruptions due to COVID-19.

REIMAGINING

the farmer's market

PHOTOJOURNAL FROM THE FARM

(NEW) FARM to DOOR | JULY 10 – OCTOBER

Personal Delivery

Our goal will be to dependably deliver fresh produce every two weeks to registered members. Due to capacity we do not feel we can do so more frequently at this time.

Pick Up Centers

We will look to partner with affiliate sites, which are conveniently located near our customer base, that will benefit from our customers picking up their online orders.

We make it easy... All boxes, Same price, Same size
(Target price range: $20 - $25)

What's In The Box

- BOX 1 — African Vegetables
- BOX 2 — Classic Vegetables
- BOX 3 — Combo Box (Combines Some Vegetables from Boxes 1 & 2)

Assisted by the Survey Results

(NEW) DRIVERSIDE | First one in August 2020

CONCEPT

This is **not** our traditional open market Pop Up concept. This is **not** for customers who have signed up to receive deliveries with our new Farm-to-Door service.

This is "Drive Thru Meets Curbside Pickup", where you are able to place your order on-site from the convenience & safety of your car assisted by our volunteers, pay for your order, and then drive away with your fresh produce. And if you happen to be walking by, we make it simple for you to order your fresh produce from a safe distance, pay for them, and have you quickly on your way home with them to enjoy.

Due to the complexities of running this onsite operation, we do not plan to allow customers to pre-order online. After we have more experience with this model, we may implement online pre-ordering in future Driverside Pop Up Farmers Markets.

As a trial model, AARI will purchase all produce for this Driverside Pop Up and farmers will assist with delivering, bagging, selling & fulfilling orders. All produce will be bagged and sold at the same price. All produce will be grouped on each table by produce, not by farmer.

Unsold produce will be delivered to a pre-arranged senior center.

See proposed diagram for the St. Patrick's Church location.

TRADITIONAL OPEN MARKET | CANCELLED for 2020

2nd Week of July — *Crops will be ready for harvesting.*

14 Farmers — *Have agreed to grow produce for this year's program.*

$3,000 — *Will be available for artistic programming this season.*

What AARI Farmers Are Growing

CURRENTLY GROWING

- Sweet Potato Greens
- Palava Sauce (Ewedu in Yoruba)
- Water Green
- Callaloo
- Garden Egg (bitter ball)
- Okra
- Kale
- Collard Greens
- Amaranth (also called Efo Tete in Yoruba)
- Tomatoes
- Eggplant
- Cucumber
- Onions
- Garlic
- Potatoes
- Corn
- Beans
- Squash flowers
- Pumpkin
- Squash
- Cabbage
- Summer Squash
- Celery
- Scallions

NOT CURRENTLY GROWN BUT EASILY SOURCED

- Carrot
- Basil NA
- Parsley NA
- Cilantro NA

Specialty Items

- Peppers - Special offering
  - Scotch Bonnets
  - Zimbabwe Pepper
  - Jalepeno
  - and more
- Value Added Products
- Garden Egg(bitter ball) Relish
- Garden Egg(bitter ball), Pickled
- Carrot Apple Jam, Spiced
- Carrot Apple Jam, Sweet
- Carrot Apple Jam, Savory

aari African Alliance of Rhode Island
Growing Healthier Together

Overview
2020 POP UP FARMERS MARKET

COMING SOON

Drive Thru Meets Curbside Pickup

Driverside Pop Up Farmers Market

CONCEPT DRAFT
St. Patrick's Church

Bami Farm n Johnston, RI.

Julius transplanting peppers.

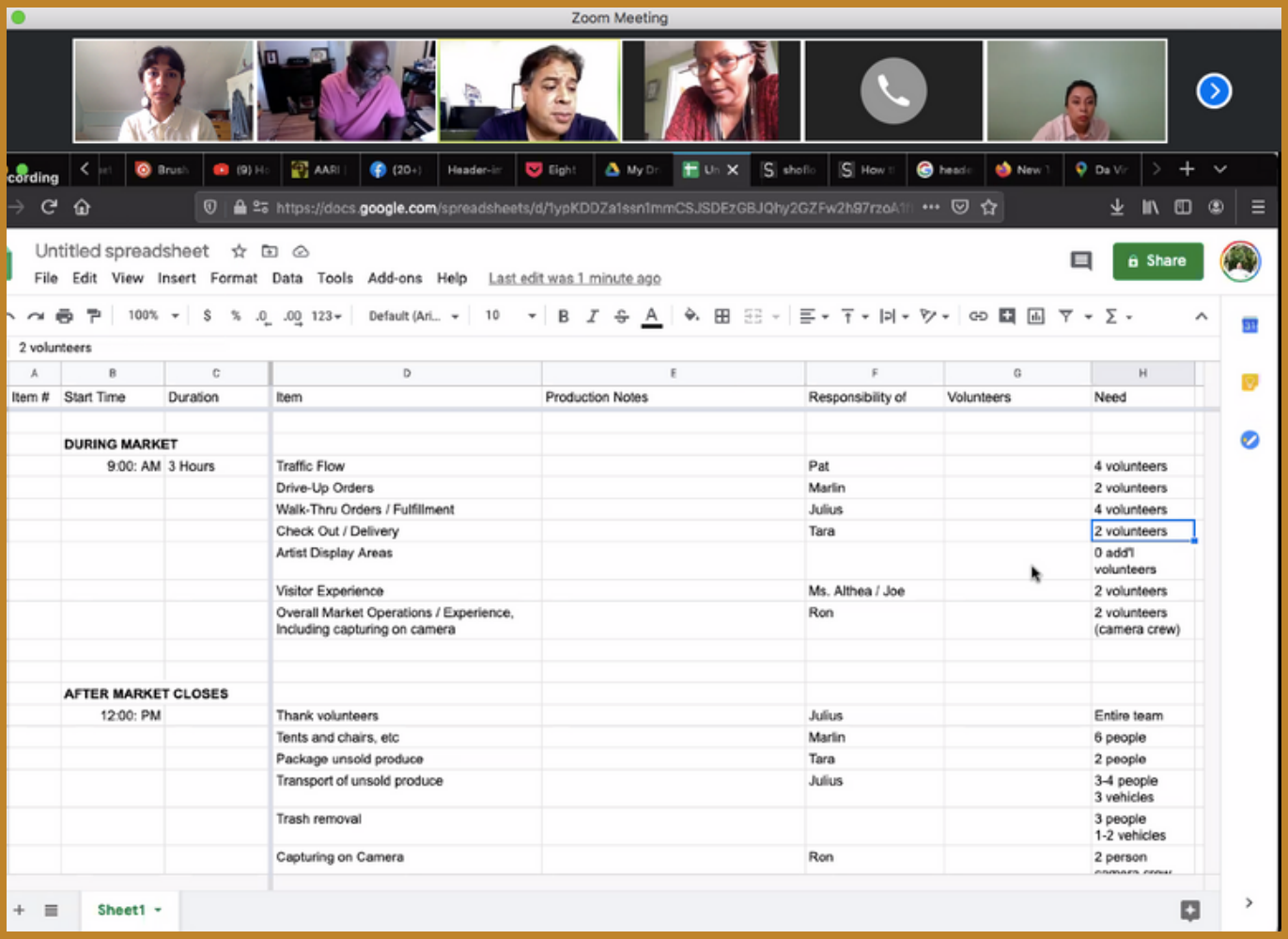
A socially distant meeting with the farmers.

Kale growing in late June.

The end of a long day at Bami Farm.

Garden egg!

A socially distant meeting with the farmers about transitioning the annual farmers' market to an online platform.



Item #	Start Time	Duration	Item	Production Notes	Responsibility of	Volunteers	Need
	DURING MARKET						
	9:00: AM	3 Hours	Traffic Flow		Pat		4 volunteers
			Drive-Up Orders		Marlin		2 volunteers
			Walk-Thru Orders / Fulfillment		Julius		4 volunteers
			Check Out / Delivery		Tara		2 volunteers
			Artist Display Areas				0 add'l volunteers
			Visitor Experience		Ms. Althea / Joe		2 volunteers
			Overall Market Operations / Experience, Including capturing on camera		Ron		2 volunteers (camera crew)
	AFTER MARKET CLOSES						
	12:00: PM		Thank volunteers		Julius		Entire team
			Tents and chairs, etc		Marlin		6 people
			Package unsold produce		Tara		2 people
			Transport of unsold produce		Julius		3-4 people 3 vehicles
			Trash removal				3 people 1-2 vehicles
			Capturing on Camera		Ron		2 person

Meeting with the farmers' market committee over Zoom.

What should go in the Box?

The African Alliance of Rhode Island (AARI) is in the process of preparing boxes of fresh produce which can be ordered online and we are interested in finding out which vegetables people would most like to see in a box available every two-weeks. We would be honored if you would take a few minutes to share your thoughts with us in this survey?

* Required

Email address: *

Your email

If available for delivery, which fresh vegetables and herbs would you be HIGHLY interested in receiving every two-weeks?

- [ ] Sweet Potatoe Greens
- [ ] Palava Sauce ("Ewedu" in Yoruba)
- [ ] Water Greens
- [ ] Callaloo
- [ ] Garden Egg (aka Bitter Ball)
- [ ] Okra
- [ ] Kale
- [ ] Collard Greens
- [ ] Amaranth ("Efo Tete" in Yoruba)
- [ ] Tomatoes
- [ ] Eggplant
- [ ] Cucumber
- [ ] Onions
- [ ] Carrots
- [ ] Garlic
- [ ] Potatoes
- [ ] Corn
- [ ] Beans
- [ ] Squash Flowers
- [ ] Pumpkin
- [ ] Squash
- [ ] Cabbage
- [ ] Summer Squash
- [ ] Celery
- [ ] Scallions
- [ ] Basil
- [ ] Parsley
- [ ] Cilantro
- [ ] Other:

It is also helpful for us to understand which items people would NOT be interested in at all?

Which fresh vegetables or herbs would you NOT BE INTERESTED in at all?

- [ ] Sweet Potatoe Greens
- [ ] Palava Sauce ("Ewedu" in Yoruba)
- [ ] Water Greens
- [ ] Callaloo
- [ ] Garden Egg (aka Bitter Ball)
- [ ] Okra
- [ ] Kale
- [ ] Collard Greens
- [ ] Amaranth ("Efo Tete" in Yoruba)
- [ ] Tomatoes
- [ ] Eggplant
- [ ] Cucumber
- [ ] Onions
- [ ] Carrots
- [ ] Garlic
- [ ] Potatoes
- [ ] Corn
- [ ] Beans
- [ ] Squash Flowers
- [ ] Pumpkin
- [ ] Squash
- [ ] Cabbage
- [ ] Summer Squash
- [ ] Celery
- [ ] Scallions
- [ ] Basil
- [ ] Parsley
- [ ] Cilantro
- [ ] Other:

Almost done.

What would make our service most convenient for you, to have your box delivered to you or to have it available for you to pick up at one of our participating pick up centers?

- [ ] Delivered to you.
- [ ] Available for pick up at one of our participating pick up centers?

Would you consider ordering fresh vegetables online?

- [ ] Yes
- [ ] No

Whether you would or would not consider ordering your fresh vegetables online, it would help us tremendously to know why. Would you please this with us.

Your answer

Would you like to share any additional thoughts?

Your answer

Thank you. You have reached the end of our survey. We greatly appreciate you sharing your thoughts with us. Please complete by clicking on the "Submit" button below.

- The AARI Pop Up Farmers Market Planning Committee

A copy of your responses will be emailed to the address you provided.

Submit

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Google Forms

UrbanVentures

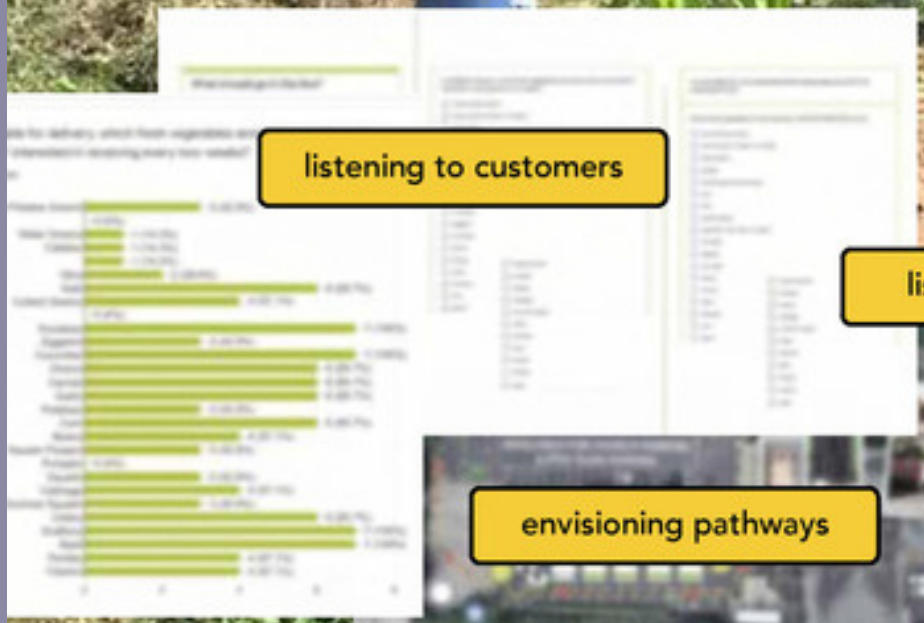
We Get Micro Businesses Launched & Growing

MORE ABOUT THE WORK WE DO

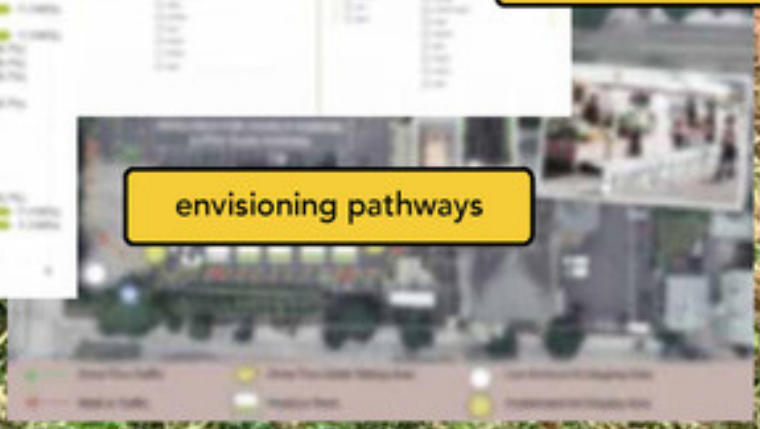
a briefing of our impact....

HELPING RHODE ISLA AFRICAN REFUGEE FA GROW

We are working with the African Alliance of Rhode Island and African refugee farmers to help them as they envision and develop initiatives to increase their crop distribution and also provide healthy fresh vegetables to urban communities in Rhode Island.



listening to customers



envisioning pathways

listening to farmers

ND'S RMERS

Farmers preparing their crops at AARI's BAMI Farm

UV Executuve Director Ron Crosson Meeting with Farmers on a Saturday.

STRATEGY / OPERATIONS / INFRASTRUCTURE / DESIGN / WEB / CONTENT

AÏCHA FARAH SOUKAB

ETHNOBOTANICAL ARCHIVIST

As a project development intern, I have focused on synthesizing what farming, cooking, community-building, family structure, and togetherness all mean in a North African context. My first project, *weaveAARI*, explores the loom as a means of community activation at the crossroads of agriculture and material artmaking. Second is a visual archive of fruits, vegetables, and meals which are essential to North Africa. These projects seek to highlight the intimacy of African ways of living through food, art, and the closeness they bring.

TRACES of TRACES

weaveAARI

african alliance of rhode island

Aïcha Farah Soukab

journey

weaveAARI seeks to engage the deeply communal, ancestral rituals tied to a loom, while serving as a living archive for the African community of Rhode Island.

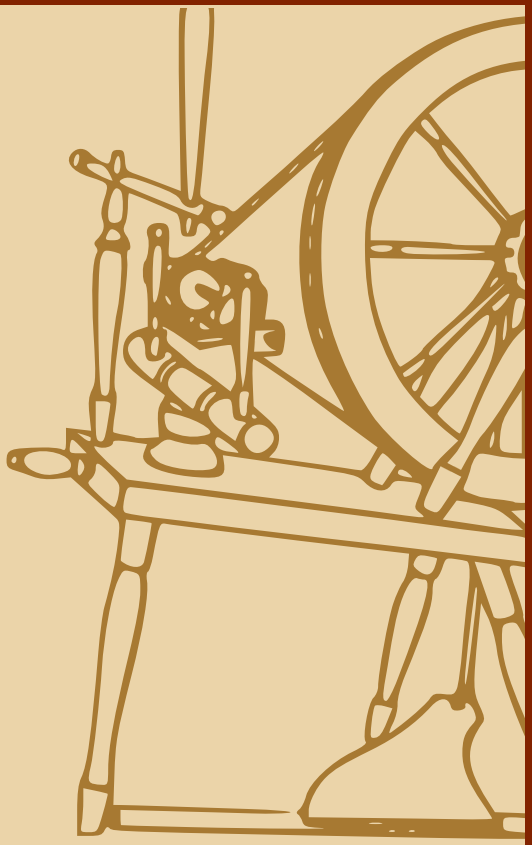
how? by building a large loom in the spirit of the textile histories that AARI -- *as a dynamic geography and community* -- is intertwined within.

how I understand it presently, weaveAARI centers *process and story*, through embedding meaning and utility into material.

a "finished/-ing" project, will entail a fully constructed, large hand loom. the loom will be functional, with all necessary components (swords, shuttles, combs, yarn), to be engaged by AARI community members.

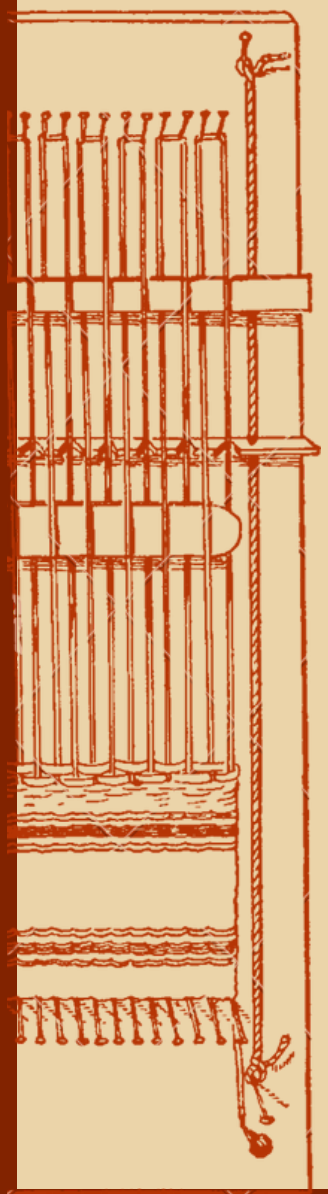
weaveAARI would also entail a piece of woven art — perhaps a rug — made on the loom.

tenets + themes



the loom as a metaphor

connecting threads, colors, stories, people, movements, visions, imaginations, universes together in a ***warm and generative*** embrace



soundscapes of weaving + community invitation

weaving engages & creates a dynamic sonic experience

sometimes upwards of five people (often women) are working a ~5 ft. x 4ft.-ish loom simultaneously

large rug or carpet projects can take up to months of joint effort, meaning the work reflects ***the seasons, the harvests, the happenings and climate of the time***

community elders storytelling with, to, and for children maintains a collective sense of history & belonging

how can the AARI become engaged in this project?

ALL AGES & CAPACITIES HAVE A ROLE IN THE SCHEME OF WEAVING:

- *elements of design*
- *dyeing + color work*
- *weaving + threading*
- *storytelling*

how will we gather + leave traces of this project?

WEAVING

threads, loose ends, scraps, color palette swabs, community discussion on design (opportunity for community members to share and decide on designs)

DOCUMENTING

photo/video collections of the process, oral collections of storytelling at the loom over time by AARI community members who are involved

SHARING

multimedia installation on social media platforms, pieces of audio/visual/living content, the finished textiles

homage

weaveAARI seeks to invite Indigenous weaving traditions of African peoples, as an active, caring discovery -- infusing the threads and histories of AARI community members and our diaspora into our art

Yoruba

Ashoké is the most prestigious hand-woven cloth of the Yoruba peoples of Nigeria. The traditional indigo color requires that the hand-spun thread be dyed up to fourteen times to achieve the deep blues desired. The raw silk ashoké called sanyan requires that thousands of moth cocoons be collected and their silk carefully unraveled and spun into thread.

Amazigh

Geometric motifs are central pillars of Amazigh weaving tradition. Across the Maghreb and Sahel, rugs are adorned with these symbols, brought through careful dyeing and wool-texturing effects. They can signify kinship, offer spiritual protection, or honor elements of nature. The diamond is a common symbol for fertility.

which dyes can we cultivate through AARI?

reds -- beets, berries, cochineal, roses, madder root

oranges -- onion peel, carrots, paprika

yellows -- turmeric, saffron, ochre

greens-- spinach nettle, artichoke, mint

blues -- indigo, berries

purples -- cabbage, berries

browns -- coffee, walnut shells, henna, basil

blacks/greys -- charcoal, poppy seeds

how will this project grow through AARI?

attention

how much detail would we like to see in design? with how much care will we handle attention to color, size, print, language? how can a range of cultural practices/narratives be reflected?

oversight

who will be using the loom, and when? what is happening in its idle moments? where will it remain? who will have access to the loom? who might delegate tasks? which tasks?

sharing

how much is recorded/archived to be shared with an audience, and through what mediums? consent, how? might we broadcast/film/live-share the weaving process?

interaction

who in the AARI community will be included in this maker endeavor? can passersby at a pop-up farmer's market weave on the loom? how can weavers be guided?

timeline

summer 2020

Brainstorm and discuss ideas with intern team, plan upcoming phases of action, establish mission and goals for weaveAARI

fall 2020

Gather resources (plants to be used for dye, yarn/thread, tools), initiate community outreach for participants, solidify location for loom

spring 2021

Build loom, begin weaving & documenting along the way (photography, videography, audiography)

AFRICAN ALLIANCE OF RHODE ISLAND

cuisine, ceremony, congregation

a taste of north africa

Aïcha Farah Soukab

a taste of north africa

CUISINE

North African food is a feast for the senses. Spanning Morocco, Algeria, Tunisia, Libya, Egypt, Sudan, this cuisine reflects the histories of different people and their diverse culinary & agricultural traditions. Ingredients of all colors, textures, and tastes mingle together to make beautifully rich dishes.

CEREMONY

Across North Africa, warm meals are the center of celebrations, from weddings to baby showers. Food is also a source of ceremonial medicine and healing rituals.

CONGREGATION

To get a taste of North Africa is to get a taste of togetherness. Family, companionship, and community care are all pillars of the culture.

couscous

kisksou / ta'am / الكسكس / ⵕⵓⵕⵓⵙ

the fluffy, flavorful staple of North African cuisine

Couscous is the most well-known North African dish, characterized by tender fluffy semolina. *Couscous Bidaoui* (in reference to Casablanca, where this version of the dish originated) is cooked with seven vegetables: carrots, summer squash, potatoes, zucchini, eggplant, turnips, white cabbage, and chickpeas. Meat or chicken is stewed with the vegetables in ample broth generously seasoned with ginger, pepper, and turmeric, among other spices. It's often topped with a caramelized onion and raisin garnish called *tfaya*. Families gather on Fridays to join in prayer at their neighborhood mosque and return home to enjoy a hearty meal of couscous. Couscous is a highly versatile food in both its sweet and savory forms.

Fresh buttermilk, *lben*, is typically served with couscous.

It takes quite some time to properly prepare couscous -- steamed and fluffed several times over a broth-based stew, handled with delicate care for up to hours.

The most traditional *beldi* way to eat couscous is by gathering the grains between your fingertips, rolling & pressing it into a ball, and placing it in your mouth!

dates

tmar / تمر / ⵜⵎⵔ

sweet, tender treats of the desert oases

As a symbol of abundance and warmth, dates are a very popular fruit native to North Africa. Culturally, dates are the best way to express to guests that they are welcome in one's home. In Islamic tradition, the Prophet Muhammad (*Peace Be Upon Him*) advises eating them when breaking fast during the holy month of Ramadan. Dates boast many vital nutrients, and are a rich source of fiber, potassium and calcium. They contain vitamin A and numerous B-complex vitamins necessary for building healthy body tissue and muscle.

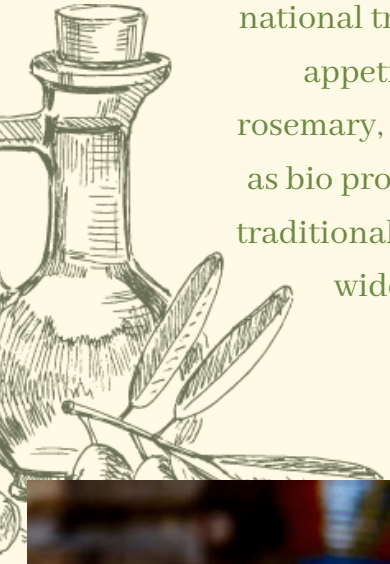
- The date palm is mentioned more than any other fruit-bearing plant in the Qur'an—22 times.
- At weddings, the bride and groom feed each other dates as a symbol for a "sweet life" with milk for a life of "smoothness and clarity."
- During Ramadan, dates are blended with bananas and avocados to make a hearty smoothie.

olives

zitoune / زيتون / ⵣⵉⵜⵓⵏ

every shade in color and taste

Olives are predominant in the North African culinary landscape. Morocco, Tunisia, Algeria, and Libya are North Africa's primary consumers of olive oil, topping the global charts. In Morocco alone, olive trees make up 65% of the national tree area. Across the Maghreb, olives are used as appetizers and served with herbs such as thyme, rosemary, and oregano whilst the crushed olives are used as bio products for fuel and for making *Saboun El Baldi*, traditional soap. Olive oil and other bioproducts are used widely for supple skin and moisturized hair.



- Olives and olive oil are offered at any time of day as a nibble or an appetizer, often paired with warm bread.
- People preserve olives to last a whole year!
- Olives are often pickled with slices of lemon, peppers, and spiced brine for deeply absorbed flavour.

chickpeas & fava beans

hummus & l'foul / الحمص والفول / ⵃⵎⵎⵚ ⴷ ⵍⴼⵓⵍ

on-the-go bits of flavor

Whether you're in the middle of a souk marketplace or even in the streets of a metropolitan city in North Africa, you are likely to stumble upon street vendors selling steamed chickpeas and fava beans. These legumes usually served in handwrapped newspaper cones and coated with a spice blend of salt, cumin, and paprika. Not only are fava beans and chickpeas incredibly high in protein, they're choc full of fiber and contain vitamin K, calcium zinc, copper, iron and magnesium among other minerals.

Chickpeas and fava beans have a lot of range -- they can be a sustaining meal on their own, be made into a delicious spread, or be sprinkled into other essential meals, like couscous or *harira* soup.

These are staple for the wintertime, as they are great sources of warmth for the body.

mint tea

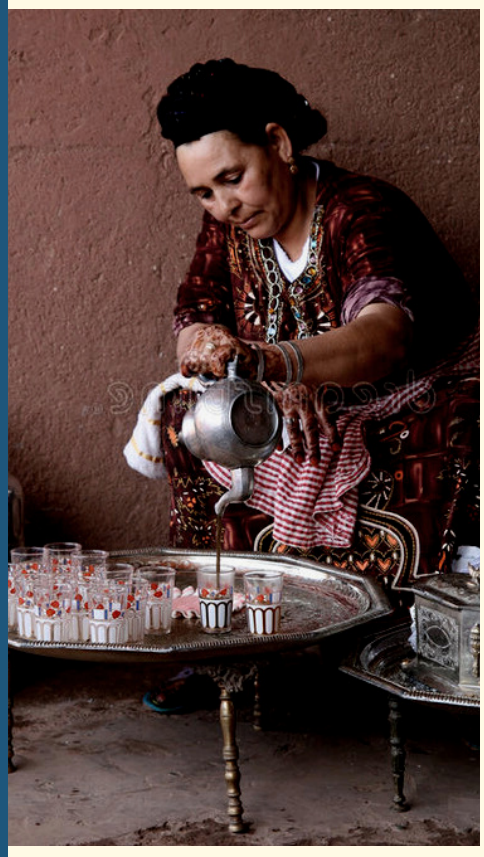
atay / شاي / ⵜⴰⵢ

bringing sweet heat

A day never goes by in the Maghreb without (several rounds of) tea time. The serving can take a ceremonial form, especially when prepared for a guest. The tea is traditionally made by the head of the family and offered to guests as a sign of hospitality. Vital to the Maghrebi tea experience is assuring the contents of the teapot are properly infused in one another. To achieve an ideally bright flavor, the tea bearer would pour the tea back and forth between their own cup and the teapot. With each pour, the amber stream filled the atmosphere with a tantalizing, sweet fragrance.

"Illa heziti lb'rrad, khaskit koubilina kamlin leïl kolhou." Whoever begins pouring the tea holds the responsibility to pour until the evening ends -- typically signaled when the pot hasonly dark, soggy tea leaves resting at the bottom.

Mint tea can be experimented with a variety of herbs. One might submerge sage leaves in the golden brew, or immerse verbena and marjoram to elicit a new taste.



beetroot

barba / البنجر / ⵍⴱⴰⵔⴱⴰ

known for their bright, bold pink pigment

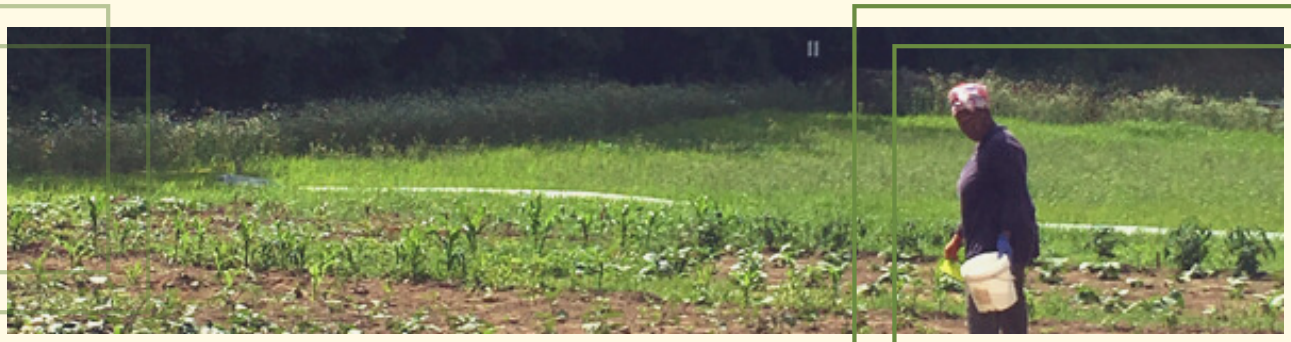
Beets are consumed across the North African region in a variety of ways. Most notably, they are mixed into a savory side salad or blended into a rich juice. Packed with essential nutrients, beetroots are a great source of fiber, folate (vitamin B9), manganese, potassium, iron, and vitamin C. Beetroots and beetroot juice have been associated with numerous health benefits, including improved blood flow, lower blood pressure, and increased exercise performance.

These bright roots are recognized as a superfood for their nutritional value, and help combat common regional ailments like anemia.

Beetroots are an incredible dye for wool and cloth, and can even be used as a paint! Beet dye can be one of the most vibrant parts of a woven rug or garment.

Beetroots can be pickled, roasted, boiled, mashed, seared, fried, and so much more.

CONCLUSION



Lessons Learned, Objectives Achieved

There were five interns from Brown University working at the African Alliance of Rhode Island this summer, each focusing on and supporting different projects. With the help of Julius Kolawole, we were able to individually and collaboratively accomplish a handful of projects. To support AARI's work of bringing together the African immigrant community, the groundwork was laid for a large loom project titled weaveAARI. The hope is that weaveAARI would serve as a living archive for the RI African community while bringing the community closer as they work on the loom together. In addition, in order to increase awareness of North African ethnobotany and draw the diverse regions of the African continent closer together, a living list of fruits, vegetables, and herbs native to the Maghreb region was curated.

Further, as the organization adapts to the new normal brought about by the pandemic, the interns have supported and worked on the logistics of transitioning into an online farmer's market delivery scheme. Additionally, cupcake recipes, to be added in with the deliveries, were curated out of AARI's added value products. AARI's work with farmers was also supported: an intern collaboratively worked to help protect the farmland from incautious passers-by and the farmers' stories were collected and recorded. A series of interviews shaped into personal narratives were also transcribed to document the stories and experiences of black healthcare workers during the coronavirus pandemic and beyond. Two of five series in the 15th Annual African Health Summit was executed virtually through partnership with the Rhode Island Department of Health and Providence Community Health Center. Between the five interns working at AARI, it was a fruitful summer.

What's Next?

[projections for the coming year]

Keeping in mind all that we've learned over the course of the past three months, the 2020 AARI Summer Intern Team looks forward with excitement and curiosity to the coming year. COVID-19 has toppled and transformed everyone's visions and plans for a long time to come, making organizing for the future a significant challenge. However, we do all have aspirations for ways that our summer projects with AARI can continue to grow, either under our care or by passing on the torch to the next generation of volunteers and interns.

The 15th Annual Health Summit will continue as planned into the fall of 2020, exploring different sub-themes underneath the umbrella of resilience. The reflections of various attendees thus far have indicated a growing interest in each installment of the summit, and AARI looks forward to seeing the ways that different speakers address new topics, and the wisdom that can be shared as a result-- both within the African community and as a wider exchange between leaders & policymakers and Rhode Island residents.

The pop-up market will continue as planned for the foreseeable future, with adjustments being made periodically as the African Alliance remains in communication with the state, to update our practices accordingly depending on their guidelines. We hope to expand the advertisement and distribution of the pre-packed grocery boxes in order to meet the needs of all community members, particularly those who would be putting themselves at risk by entering a physical farmer's market location.

As a way of accompanying the produce and packaged goods sold by AARI, one exciting way to encourage the mixing of various groceries that we've considered testing out is the possibility of an AARI Cookbook. The recipes crafted by one of our interns has served as an initial exploration and fun test run of what designing recipes for the African community could look like in the future, with a special emphasis on proposing dishes and desserts that mix the cultural elements of African cuisine with some of the more contemporary trends in cooking and baking.

While a full blueprint for the loom weaving project has been established, launching the project in the middle of a global pandemic won't be easy. Nevertheless, we're confident that through flexibility and adaptation, there will be a way to engage various community members in weaving projects that allow them to gain new skills, and also benefit the broader community.

Finally, although AARI's Summer 2020 Narrative Project has officially come to a close, we're hopeful that eventually, these stories can be stored not only with the African Alliance, but permanently archived at the John Hay Library at Brown University, where people from all walks of life will be able to come decades into the future to read the record of how Rhode Island's African community responded to the pandemic.

These are only some of our hopes for the coming year, and we are especially hopeful that through continued conversation with community members and AARI partners, the work that the African Alliance does both during and beyond COVID-19 can expand in ways that exceed any of our own expectations.

with love,

Aïcha, Ivy, Jennifer, Moyin, and Tara