

WE DECIDED TO CREATE THIS ZINE TO HIGHLIGHT LOCAL FOOD ORGANIZATIONS BOTH ON AND AROUND THE UC BERKELEY CAMPUS TO INCREASE VISIBILITY OF THESE GROUPS. WE WANTED TO OFFER STUDENTS A FUN, CREATIVE, AND INFORMATIVE PIECE OF WORK THAT DISSEMINATES RESOURCES FOR HOW TO GET INVOLVED IN FOOD JUSTICE WORK. WE HOPE THAT YOU FIND THIS ZINE INFORMATIVE AND THAT YOU GET INVOLVED IN YOUR COMMUNITY'S FOOD JUSTICE WORK!

WITH LOVE,

ELLA BHAT, CHLOE OLSEN, TY SHELTON, ASHLEY YUE

# ENVIRONMENTAL FOOD JUSTICE AND COMMUNITY ORGS OF THE EAST BAY ✨ ✨ ✨ ✨

TAP IN, LEARN, & GET INVOLVED





*from*

most!

to

LEAST

democratic



# TABLE OF CONTENTS

Self Help Hunger Program

~~Black Panther Party:~~  
Free Breakfast Program

Deep Grocery Co-op

~~Punks with Lunch~~

Berkeley Student Farms

Fannie Lou Hamer Freedom Farm Project  
- Oxford Tract

Indigenous Community Learning Garden -  
Oxford Tract

~~Gill Tract Farm Coalition~~

Herbicide Free Campus

Berkeley Student Food Collective

Planting Justice

Acta Non Verba

~~Berkeley Unified School District Gardening &  
Cooking Program~~

Food Association at Berkeley

~~Berkeley Food Pantry~~

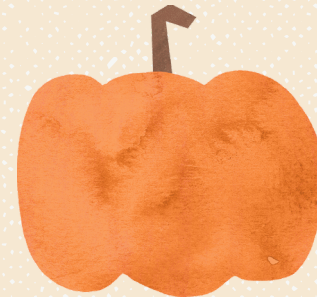
Basic Needs Center

Garden and Student Farms Map

# *Self Help Hunger Program*

The Self Help Hunger Program was founded in 2009 by Black Panther Aunti Frances Moore and Darnel Parks. The program was created in response to the blight, trash dumping, and heavy police presence in her neighborhood. Aunti Frances took the fundamentals community service and mutual aid that she learned from the Black Panther Party (BPP) and knowledge of food as a community organizing tool to be part of the solution in addressing the needs of her community. Thus, the Self-Help Hunger program was created to bring members of the community together, open thinking and conversations around the needs of the community, and act as a proactive solution to resist gentrification and offer mutual aid. The Self-Help Hunger program offers free produce and hot meals at Driver Plaza (Genoa Street, 61st street, and Stanford Ave, Oakland, CA) in the North Oakland/South Berkeley area. The mission of this program is focused on unifying the community, building solidarity, and promoting self-determination through free produce and "cultural nourishment." The Program is run by volunteers, many of whom are from the community they seek to serve. The program hopes to support community members to not only survive but thrive.

Aunti Frances says the program serves three types of people: people who have been in the neighborhood for many generations, low-income families and working-class people, and people experiencing homelessness, mental illness, and addiction. She explains that people come from near and far to access free, nutritious produce; they are people of all races and abilities.





The biggest barrier to food security for the targets of the Self-Help Hunger program is having enough nutritional food (emphasis on fresh produce). Increasing prices in stores, food shortages, processed foods, commodity foods, etc are all too common in the communities of the people they serve. Nutritional food is critical for community strength. The Self-Help Hunger Program is addressing community barriers to food security by offering free produce and hot meals to address the demand for nutritious foods. Additionally, they have built rapport with partnering organizations such as Planting Justice, Acta Non Verba, and Food Not Bombs to name a few which help ensure there is a constant supply of fresh produce. They also receive surplus foods from food banks and churches and use imperfect produce for compost. Aunti Frances expresses the need to build trust and rapport not only with partner organizations but with the community and people they serve through continual mutual aid offerings to build trust.

UC Berkeley students can support the work of the Self Help Hunger program by starting community gardens, volunteering at their Tuesday produce stand, and donating via a link on their website. Specifically, they have a need for volunteers of color and people who are willing to learn about the community, its people, history, and build rapport with the community.



# *Black Panther Party: Free Breakfast Program*

The Black Panther Party (BPP) created the Free Breakfast Program in response to students going to school hungry. Studies show that when students go to school hungry they are more likely to experience low attention span, behavioral issues, inability to focus, and more instances of school discipline. The Breakfast Program set out to feed children every day of the week. The Breakfast Program was just one of the BPP's survival programs that offered mutual aid to Black communities across the country. The BPP's Free Breakfast Program offers a model for mutual aid food justice programs.



- <https://revolution.berkeley.edu/black-empire-history-politics-black-panther-party>
- [http://www.blacklivesmattersyllabus.com/wp-content/uploads/2016/07/BPP\\_Ten\\_Point\\_Program.pdf](http://www.blacklivesmattersyllabus.com/wp-content/uploads/2016/07/BPP_Ten_Point_Program.pdf)
- <https://caamuseum.org/learn/600state/black-history/blackhistory-on-january-20-1969-the-first-free-breakfast-for-school-children-program-is-launched-by-the-black-panther-party-at-st-augustine-s-episcopal-church-in-oakland>

## The Black Panthers: 10 Point Program

1. WE WANT FREEDOM. WE WANT POWER TO DETERMINE THE DESTINY OF OUR BLACK AND OPPRESSED COMMUNITIES.
2. WE WANT FULL EMPLOYMENT FOR OUR PEOPLE.
3. WE WANT AN END TO THE ROBBERY BY THE CAPITALISTS OF OUR BLACK AND OPPRESSED COMMUNITIES.
4. WE WANT DECENT HOUSING, FIT FOR THE SHELTER OF HUMAN BEINGS.
5. WE WANT DECENT EDUCATION FOR OUR PEOPLE THAT EXPOSES THE TRUE NATURE OF THIS DECADENT AMERICAN SOCIETY. WE WANT EDUCATION THAT TEACHES US OUR TRUE HISTORY AND OUR ROLE IN THE PRESENT-DAY SOCIETY.
6. WE WANT COMPLETELY FREE HEALTH CARE FOR ALL BLACK AND OPPRESSED PEOPLE.
7. WE WANT AN IMMEDIATE END TO POLICE BRUTALITY AND MURDER OF BLACK PEOPLE, OTHER PEOPLE OF COLOR, ALL OPPRESSED PEOPLE INSIDE THE UNITED STATES.
8. WE WANT AN IMMEDIATE END TO ALL WARS OF AGGRESSION.
9. WE WANT FREEDOM FOR ALL BLACK AND OPPRESSED PEOPLE NOW HELD IN U. S. FEDERAL, STATE, COUNTY, CITY AND MILITARY PRISONS AND JAILS. WE WANT TRIALS BY A JURY OF PEERS FOR ALL PERSONS CHARGED WITH SO-CALLED CRIMES UNDER THE LAWS OF THIS COUNTRY.
10. WE WANT LAND, BREAD, HOUSING, EDUCATION, CLOTHING, JUSTICE, PEACE AND PEOPLE'S COMMUNITY CONTROL OF MODERN TECHNOLOGY.



# THE DEEP GROCERY CO-OP

Deep East Oakland Empowering the People (DEEP) Grocery coop is a Black-owned co-op grocery store in east Oakland. Their goal is to provide nutritious and affordable food to residents of East Oakland, which is a serious food desert. They are funded through volunteer labor, donations, and sales from their storefront. They define the deep—also used as an endonym for East Oakland—as “your spirit’s visceral response to the profoundness of dope musing and pondering while conversing with the homies”



Photo source: [deepgrocery.coop](https://deepgrocery.coop)

# PUNKS WITH LUNCH

PUNKS WITH LUNCH IS AN ORGANIZATION THAT PROVIDES MUTUAL AID TO THE EAST BAY. THEY ARE A DEMOCRATICALLY OPERATED 501(C)(3) THAT GIVES OUT BROWN-BAG LUNCHES, REPRODUCTIVE SUPPLIES LIKE TAMPONS, PREGNANCY TESTS, AND ABORTION RESOURCES, AS WELL AS HARM REDUCTION SUPPLIES LIKE NARCAN, CLEAN NEEDLES, AND AT-HOME HIV TESTS TO RESIDENTS OF WEST OAKLAND. THEY ALSO PROVIDE NARCAN TRAININGS, COMMUNITY CLEAN UPS, TABLE AT COMMUNITY EVENTS, AND OFFER COUNSELING SERVICES. THEIR STATED MISSION IS "ADVOCACY AND UPLIFT VOICES OF PEOPLE WHO USE DRUGS AND PEOPLE EXPERIENCING HOMELESSNESS IN OAKLAND." THEY ARE FUNDED THROUGH VOLUNTEER LABOR, BENEFIT CONCERTS,



photo source: [punkswithlunch.org](http://punkswithlunch.org)





# MUTUAL AID, MUTUAL HOPE

I REMEMBER THE FIRST TIME I SAW HUNGER  
IT EATS  
AND TEARS  
AND RIPS FROM THE INSIDE  
RELENTLESS;

YET EVEN

IN SUCH TERRIBLE

HARROWING

TERRIFYING

CONSUMING

DAYS

A GLEAM OF HOPE IS FOUND, IN MUTUAL AID.

BY TY SHELTON

# Berkeley Student Farms

## What is BSF?

Berkeley Student Farms is a coalition of 8 student-run garden spaces at UC Berkeley. While each are unique in their history, purpose, and visions, they share the unifying virtues of

- Supporting and uplifting food sovereignty initiatives,
- Anti-oppression and empowerment of BIPOC leadership,
- Offering intercultural and place-based learning opportunities,
- Expanding and strengthening cross-campus collaboration, and
- Healing and wellness

## How do I get involved?

### Open Hours!

#### SOGA Garden

Sunday 10 AM - 2 PM  
Monday 2 - 5 PM  
Tuesday 1 - 4:30 PM  
Wednesday 12 - 4:30 PM  
Thursday 1 - 4 PM  
Saturday 12 - 2 PM

#### Oxford Tract

Wednesday 1 - 5 PM  
Friday 2 - 6 PM

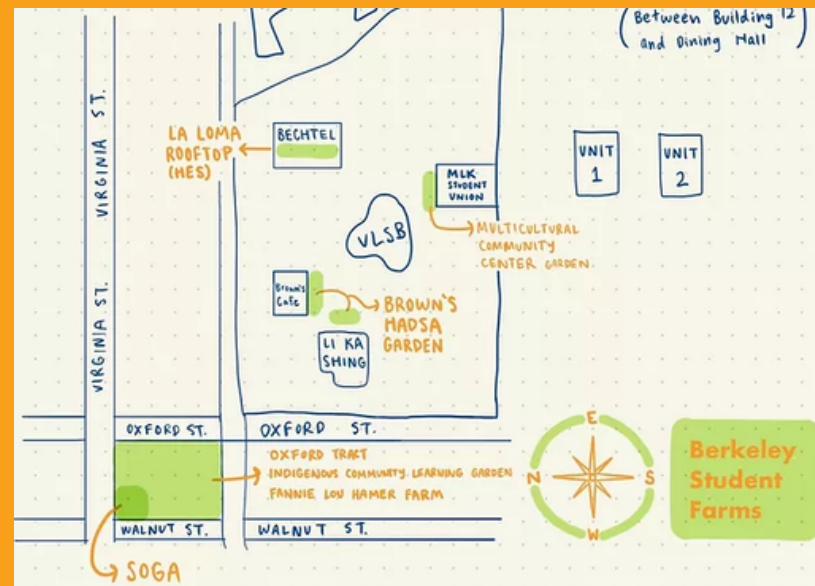
#### Brown's

Wednesday 1 - 4 PM

#### Clark Kerr

Sunday 2 - 6 PM

<https://www.studentfarms.berkeley.edu>



## The Gardens: Who's invited?

### SOGA + Oxford Tract:

Student Organic Garden Association. For all students and community members.

### MCC Healing & Learning Garden:

Multicultural Community Center. For Black and Brown students.

### La Loma Rooftop:

Hispanic Engineers and Scientists organization (HES).

### Guerrilla (Barker) Gardens:

By Sustainable Landscaping and Ecological Design. For all students, especially BIPOC. (Between Barker Hall and Li Ka Shing)

### Clark Kerr Garden:

By Cal Dining's Housing and Dining Sustainability Advocate + Campus Grounds Department. For students, staff, and community members with basic needs for food and educational tools.

### Brown's Herbal Garden:

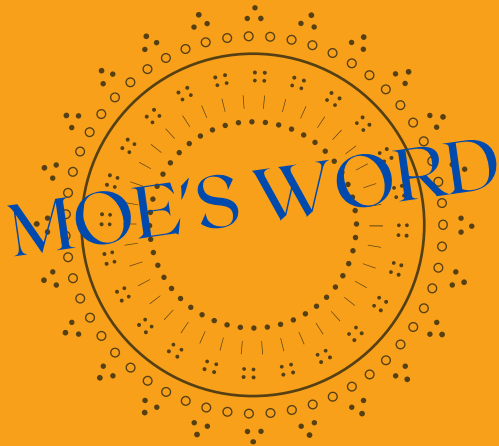
By CRS student Hannah Hugeness + Guerrilla Gardens. For educating UC Berkeley community members. (Between CNR and Pat Brown's Cafe).

### Gill Tract Farm:

By Black Earth Farms, Sogorea Te Land Trust, and UC Berkeley. For anyone in the East Bay lacking access to organic foods. (Located in Albany)

<https://www.studentfarms.berkeley.edu/get-involved>





Moe Sumino is one of the lead managers and garden coordinators at SOGA. She also worked with BFI for a year and a half.

**How did you first get involved with Berkeley Student Farms?**

**M:** *I was hired by BFI to support campus gardens. During peak COVID though, there was a greater understanding of the need to increase the sustainability of farms and land. The farms needed to pull funding and resources, and have more students on the land to be united. Therefore, I started Berkeley Student Farms with Cole [Raimey] and Annika [Levaggi] in the Summer of 2020.*

**Who are your focus demographics? (For whom do you wish to serve most?)**

**M:** *For everyone: all students, for people of color, especially for people who may not have access to culturally relevant foods. The point of cultural relevance is important, since half our farms are very identity-based: Black student farms, Indigenous student farms, multicultural community centers, La Loma Hispanic garden. With these identity-based farms, students have the ability to build community with others they culturally identify with, and find what foods are culturally relevant to them. Recognizing that poor people, people of color, have been marginalized out of our industrial food system, they therefore don't have access to food that is ancestral or cultural to them which is inherent to food sovereignty, not simply food security. This is what BFS aims to do, and why it matters that we're student-led. Specifically at SOGA, I'm part of efforts to grow food for the Berkeley Student food pantry as well as for Cafe Ohlone. I love growing Japanese heirloom varieties and vegetables.*

**What do you see as the greatest challenges to food security in our community? What are you doing as an org to address them?**

**M:** *Access to land. We need massive land and agrarian reform to overcome massive land and wealth consolidation. Specific to Berkeley, we need land returned to indigenous hands, we need less lawns, less above-market rate housing, we need more farms, more integrated green and living spaces. BSF shows how a land can be not just food-producing, it can be an educational space, a community gathering space, a space to hold in particular healing events where it cannot be hosted anywhere else on campus or within any other student club. BSF provides food in a mode of community building that no one else seems to be doing. We show on our lands just how productive a small area of land can be, which actualizes the importance of small-scale farmers and diversifying food systems. Even just at SOGA you can see over 150 varieties of plants, flowers, herbs, being produced.*

**If you could tell all Berkeley students one thing, what would it be?**

**M:** *Caring about your food and your food systems is not just about farmworkers and concepts far away from you; it's also about the direct ways it can impact the individual. Whether it be cancers, exposures to pesticides, having desires to eat organic or ancestral foods, having greater ties with grandparents, the ways that food makes you feel good; it all ties into your own well-being. The things that you strive to do well in your life always connect back to food and land.*

**What can students do to support your work?**

**M:** *Just come to open hours! (found at <https://www.studentfarms.berkeley.edu/get-involved>) Or enroll in our Decal ([Agroecology into Action](#)). It's offered every Spring. We also offer paid positions at all of our farms. We recognize that we need more than a volunteer-base of people, we also know we need to incorporate individuals who may not have time to put aside for extra curriculars because at the end of the day, farm labor is still labor.*

# LAND ACKNOWLEDGEMENT



OT!♡



SOGA!X!

BSF acknowledges that their farms & gardens are built on unceded Lisjan Ohlone land in the Village of Huichin, and that they continue to benefit from the legacy and structure of settler colonialism. They are committed to their decolonization and thus to supporting the rematriation of the land.

The Sogorea Te Land Trust is an urban Indigenous-women led organization that facilitates the return of Indigenous land to Indigenous people. We shed light on their incredible work as they share the same values of decolonizing our land, specifically in the Bay Area.

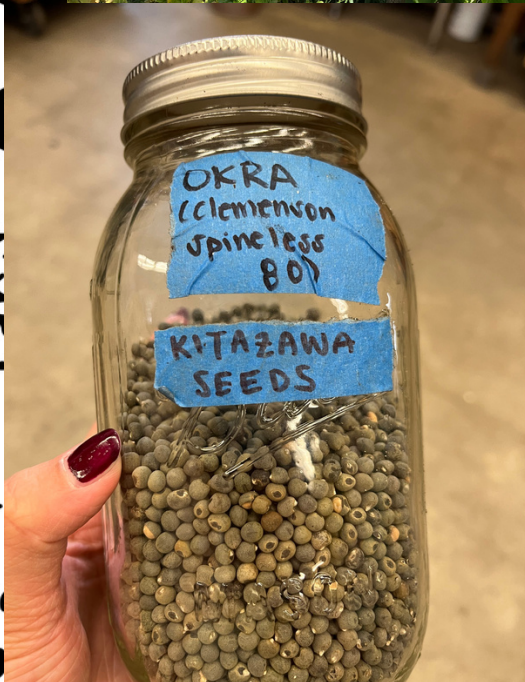


CHINESE BROCCOLI +  
LEAKS @ OT 😊



BLOOM  
FEST @ SOGA!X







# The Fannie Lou Hamer Freedom Farm Project - Oxford Tract

This project is a collaboration between People's Programs, the Black Resource Center, & the African American Student Development office to grow food for their free grocery program for Black West Oakland families.

## People's Programs: What is it?



- An Oakland-based Black/New Afrikan organization dedicated to the liberation and unification of ALL Afrikan people through scientific socialism.
- Governed by the ideologies, theories, principles, and practices of Revolutionary Nationalists and Pan-Africanists, they are aiming to do their part to contribute to the New Afrikan Independence Movement.
- **Decolonization program:** to grow and distribute food simultaneously (food sovereignty)
  - Every other Fri: Food boxes to 100+ families in West Oakland, Acorn, the Towers
  - Every Sun: 300+ meals to local shelterless and homeless
  - <https://www.peoplesprograms.com/grocery-program>
- <https://www.peoplesprograms.com>

The following interview is conducted with **AB**, who is part of People's Programs, worked for the Fannie Lou Hamer organization, a former UC Berkeley student, and is now one of the lead coordinators on this Oxford project, and **Ameia Smith**, who connects with the Black Resource Center, and is also one of the lead coordinators.

## AB & Ameia's Word



### How did the Fannie Lou Hamer Farm project manifest/come into being?

**AB:** It happened very organically. It started off as simply stewarding and harvesting unused land in efforts to give back to the local community in West Oakland. When we began asking the community what they wanted to see grown and 100+ boxes of food consistently went out every other week, People's Programs knew that this was a tangible project to pursue. Because they live within the contexts of a food desert, this was a way to ensure and introduce fresh produce for these people. Organic produce is not only hard to come by, it's really expensive. We're aware of the misconception that Black people don't consume vegetables, but really it's because there is no access to it. We wanted to open the notion that this is a resource they do have access to and is a way to pursue a better health for themselves.

**Ameia:** When I started volunteering here at Oxford Tract and SOGA and connected with the Black Resource center, I learned there was a space to grow stuff on campus with other Black students. Last summer, the university did construction without informing anybody that there was a work order put in, so when I went into the garden to work, there was a bulldozer in the middle of the bed. We lost a lot of food during that time. Since we had no choice but to relocate, the folks I knew at Oxford worked it out so that we could have access to a few rows of land to grow food out of in the meantime we waited for the construction to leave and possibly repair. Around the same time, the Black Resource Center decided to apply for a space more permanently out here, especially to help out People's Programs.

**AB:** It was clear the university didn't intend for any reparations for the damage done. At the same time that was happening, the land that People's Programs was initially using also got taken away in a similar abrupt fashion. My time at Fannie Lou Hamer saw that there were many Black students who loved growing and learning about food sovereignty, so it was a no brainer to come together like this. Ameia was really the one who informed us that there was space here, including Cole Rainey, and Melissa Charles. That's when People's Programs decided to write and submit a formal proposal to be here. It essentially manifested from a simple conversation out of a mutual need for land and resources.

**Ameia:** Yes, there is also a need to grow food that is culturally relevant. On this project specifically, we aim to grow more African Diasporic plants. I know I want to consume foods that bring me closer to my family and ancestors.



**Who are your focus demographics? (For whom do you wish to serve most?)**

**AB:** Black students, folks at Fannie Lou Hamer. There is a definite disconnect with students and clean organic produce. There is inaccessibility on so many levels, living in a dorm, no access to full kitchens, no access to a car. I remember when I was a student, I just ate at the GBC everyday

**Ameia:** Which is also so expensive.

**AB:** Yep. Families in West Oakland and Acorn too. This is community land and a home for people who simply don't got it in general. And in terms of Black students, knowledge passing is so immensely important. It's so crucial that folks come through and learn how to garden, learn how to farm, because its food sovereignty. If another crisis were to happen tomorrow, no one would know how to grow things. This is land back, and strictly for community.

**Ameia:** It's important to have designated areas for Black people and People of Color, because it's a literal and physical space to gather where we can feel safe enough to learn stewardship and explore relationships to land, which is rare and inaccessible.

**What do you see as the greatest challenges to food security in your community? What are you doing as an org/platform to address them?**

**AB:** Access. An actual place to buy produce. At Acorn in West Oakland, there isn't a grocery store for miles. No farmers markets. Even if you find a place to buy produce, it's mad expensive, especially for larger families. It adds up. Money, accessibility, locale. And knowledge itself, not only about where to find food, but planting it, growing it, and cooking it. I remember one time we distributed Bok Choy, and the families didn't know what to do with it. People's Programs directly distributes boxes of food on doorsteps, but we also learned we needed to include recipes. There's also the challenge to plant culturally relevant food like Ameia said, stuff that people will actually eat, together with what grows well. There are barriers on top of barriers.

**Ameia:** The challenge is literally every part of the process. I don't even know where to begin. It's set up so that it is challenging and inaccessible.

**If you could tell all Berkeley students one thing, what would it be? What can students do to support your work?**

**Ameia:** As students of this extremely wealthy and prestigious university, we have a responsibility to ask ourselves how we can leverage our positionality and the resources we have to help community. I feel so lucky to be here for that reason; the world changes a lot when you leave here. There's no reason for us to recognize that and not do everything in our power to share it. This space (Oxford land) wasn't going to be used for anything, it was just tilled every year.

**AB:** Now it's going to feed over 100 families a week. Leverage. We call it the Ivory Tower. The beautiful trees, location, architecture; you get caught up in it. If you take yourself outside the Ivory Tower, you can see that there is homelessness in Berkeley; the real world. In particular People's Park is something that I feel students should tap in with and learn more about. Like Ameia said, leverage all the resources you have because of proximity to resources of the university, little or small. And redistribute it back to the community. Being a student of the university does not make you unique, it just means you have access to it. Redistribute it. Invite people to the Ivory Tower.

**How can students who are not Black do their part in redistributing and giving back to community without taking up space reserved for Black people and People of Color?**

**Ameia:** Student activism comes in waves on this campus. In my time here, it seems like at this moment we're experiencing a low particularly for this work. It was a struggle and kind of awkward getting folks to even support while maintaining that this is still a Black space. A lot of times, it's simply a matter of asking, and not just coming in with your own ideas of how the support and help should go. It's one of the sneakier ways that you could occupy space, because it's framed as support nonetheless. But it's about coming humbly. It needs to be acknowledged that sometimes, the most supportive thing you could do is not to be physically present. Other times it can be. Looking to Black students and leadership and simply asking is key.

**AB:** Historically, Black people have not been able to take up space in leadership roles as is. If you're in a circle full of Black people for Black people, speaking up may not be the best choice, unless you're asked for input. This is a place for Black people to practice taking up space. The thing about energy and matter is that it's not created or destroyed; if someone is taking up too much space, someone else isn't getting enough. Across community levels, there is rampant anti-blackness. If you can leverage your positionality within your own personal community and mitigate that anti-blackness from within, you create a hub of like-minded individuals that can foster allyship and extend protection in times of crisis that is safe for us to navigate to. That's the real work and solidarity.



# STEPPING OUTSIDE THE IVORY TOWER

What does redistributing resources from the university back to community look like to *you*?



Fannie Lou project @ OT









# The Indigenous Community Learning Garden - Oxford Tract

Initially a joint project with the Indigenous and Native Coalition with RSO, it began as a research endeavor with the involvement of Native professor and researcher Elizabeth Hoover.

Now a more general project, the Native American Student Development Office and Andrea Salazar seeks to generate involvement from more Indigenous students.


At ICLG, there is a focus to implement more native California plants, in particular ones that are significant to the Ohlone people.



Andrea Salazar who is interviewed on the next page, is one of the garden facilitators and original creators of the ICLG project.

ICLG seeks to create space for Indigenous students and Indigenous community members. For those that don't identify as such, it should be taken into consideration their intentions and crucial histories when entering these spaces.

Asking the Indigenous community to teach these histories is extractivist, as these are demands of their time and energy of lived experiences. Doing research of your own therefore is a productive and supportive approach.







# ANDREA'S WORD

How did the Indigenous Community Learning Garden project manifest/come into being?

A: The Indigenous Community Learning Garden (ICLG) was founded in May 2021 as a formal research project at the Oxford Tract. I wrote the proposal along with support from NASD, faculty, and other students. The inspiration behind bringing a project like this to life was the apparent need for land access to Indigenous students on the UCB campus. Land is a central anchor for most Indigenous communities, whether it be for food, healing, learning, or connecting with non-human relation, I believe it is a necessity. In prior years, before my arrival to campus, students were already working towards securing a similar space. At the time the project was rejected. When I heard about this, I was set on making sure a space like the ICLG could be possible and sustained. I am studying Ecology so the project aligns with my academics and allows me to devote myself to the project in a way that other students may not be able to.

Who are your focus demographics? (For whom do you wish to serve most?)

A: The ICLG is focused on engaging and serving Indigenous identifying students, faculty, staff, and community members. In addition, it is a place for native California fauna/flora, and culturally/traditionally significant plants to be tended to and supported as well.

What is the most important role your organization fulfills?

A: If we move away from all the initiative building and issues our community is constantly facing. I think that the most important role the ICLG fulfills is the space to be human, connect with community (all relations) and learn without fearing failure.

What do you see as the greatest challenges to food security in your community? What are you doing as an org/platform to address them?

A: The greatest challenges to food security in any community is the prevalence of land privatization which subsequently prevents people from growing their own food. For most Indigenous communities' food is not treated in the same way modern euro-centric societies navigate this part of life. Food extends into other facets of existence and is part of a continuum of living. The issue of accessing food at all is one that many oppressed and marginalized communities face, yet another layer is access to appropriate foods through methods that reflect who we are. When communities are unable to participate in foodways that reflect who they are and how they want to live, food security becomes complicated.

The ICLG garden hopes to address this by providing a space where land is accessible, knowledge of land stewardship is exchanged, and traditional/cultural plants have a space to be grown. By providing these we hope to empower individuals with tools that could be carried out into other spaces to facilitate their own land/food initiatives. Aside from physically working in the space and gaining hands-on experience. The ICLG holds workshops ranging from plant knowledge, medicinal use, food processing, and general community building to supplement the core intentions of the project.

If you could tell all Berkeley students one thing, what would it be?

A: If your heart is in the right place, everything will turn out as it needs to be.

What can students do to support your work?

A: Students can support us by informing Indigenous community about the space and encouraging them to interact with the ICLG. Uplift Indigenous voices, initiatives, dreams, art, etc. We prioritize the space for Indigenous/Native people but there are some opportunities where non-Indigenous community can support us with garden work, there is always weeding that needs to be done!

If you were UC President, what would be the first thing you would do?

A: Listen.

# Gill Track Farm Coalition

Black Earth Farms  
⌘  
Sogorea Te Land Trust  
⌘  
UC Berkeley

Located in Albany at the corner of San Pablo Ave. and Marin Ave., it is a collaborative community project where you can come and harvest organic food for yourself and your family in exchange for help with weeding, planting, and watering.

## MISSION:

To conduct collaborative community-driven research, education, and extension focused on ecological farming and food justice, and to foster equitable economies, a healthy environment, and increased resilience in vulnerable communities, both urban and rural.

Gill Tract aims to supply fresh organic food to anyone who lacks access in the East Bay.



<https://www.studentfarms.berkeley.edu/about-7>  
Photo by Sarah Siegel\*



## VISIONS

- Shared Governance & Co-stewardship
- Restored Community Resilience
- Sharing of Knowledge- Agroecology & Food Sovereignty
- Equitable & Affordable Access to Organic Food
- Rematriation & Reparations



# Volunteer!

Gill Tracts asks that volunteers fill out a quick Google Form for scheduling purposes.

Found at:

<https://www.gilltractfarm.org/get-involved>

Monday 2pm–5pm

Tuesday 2pm–5pm

Wednesday 11am–2pm (POC-led workday at farm)

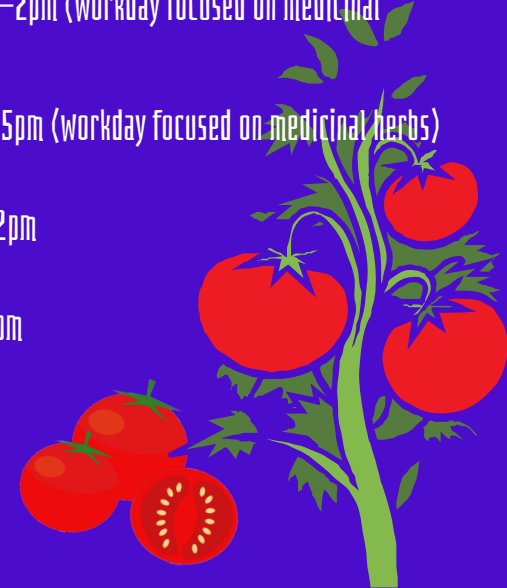
Wednesday 2pm–5pm (POC-led workday at farm)

Thursday 11am–2pm (workday focused on medicinal herbs)

Thursday 2pm–5pm (workday focused on medicinal herbs)

Sunday 11am–2pm

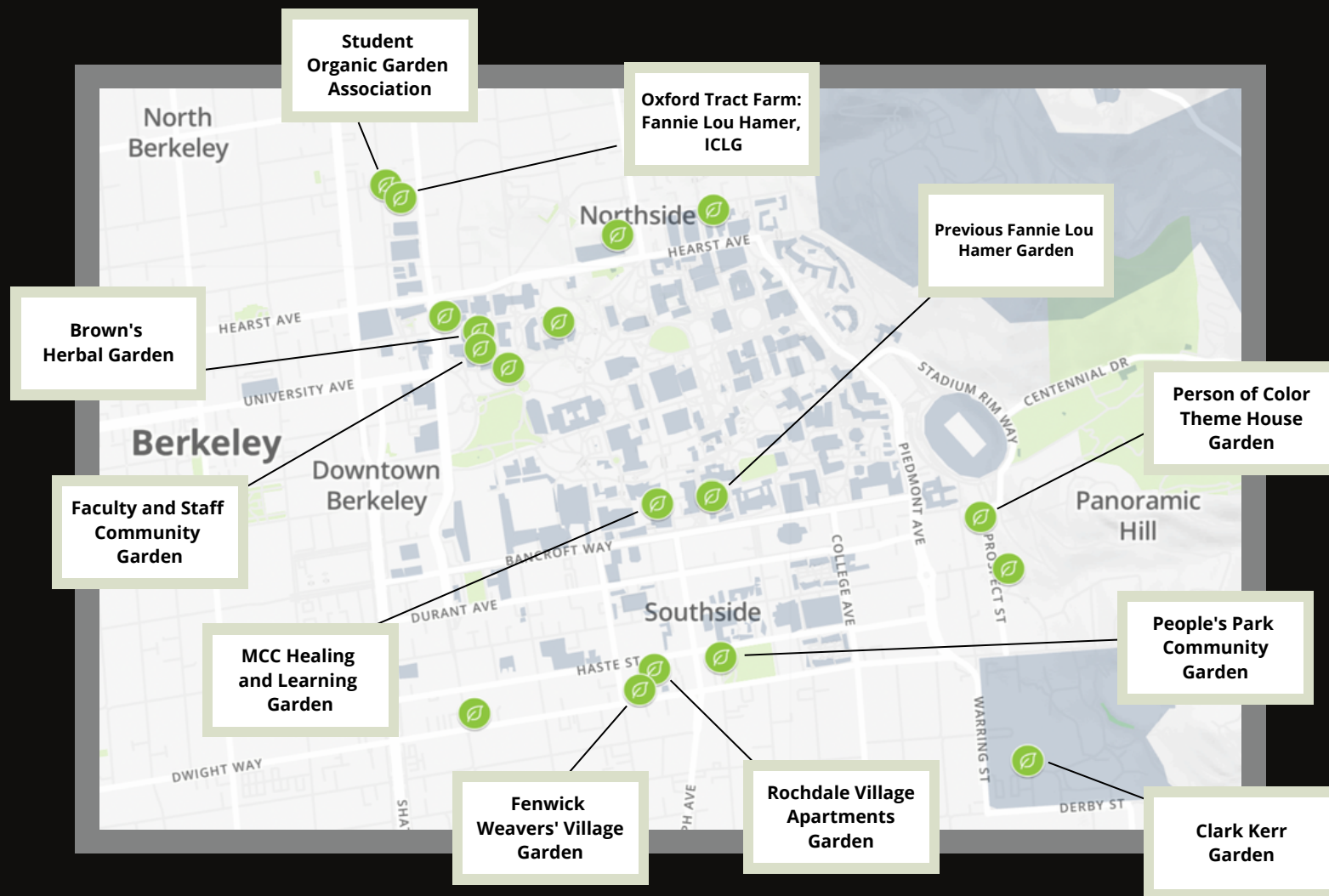
Sunday 2pm–5pm



<https://www.gilltractfarm.org>

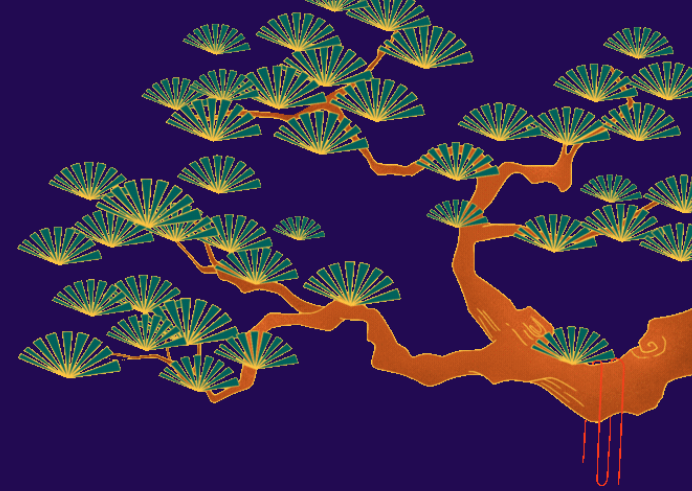
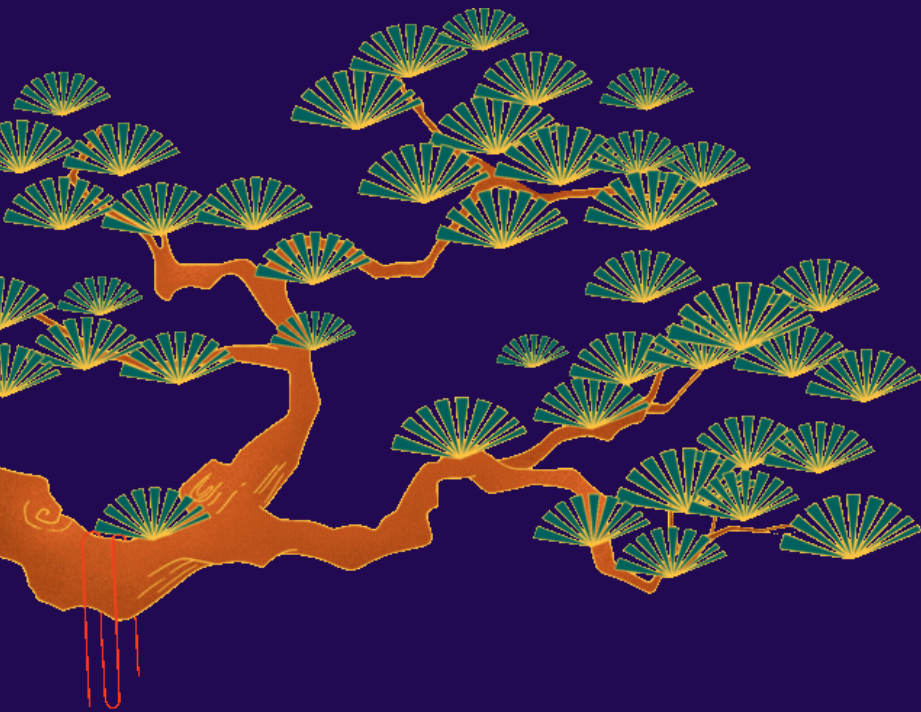
# *Gardens & Student Farms*

## UC Berkeley Campus





Poem by  
Marcelo Felipe Garzo Montalvo  
Oakland, California  
in journal To the American food  
justice movements: A critique that is  
also an offering



a love letter,  
that is also a Dear John letter  
an invitation,  
that is also a plea  
a vision,  
that is also a grievance  
that is also a call to action

# Herbicide Free Campus

Herbicide Free Campus is a student organization that works to eliminate synthetic herbicide use on campus. Started by a group of UC Berkeley students in 2017, HFC now has campus chapters nationwide. Student movements, education, and collaboration with groundskeepers and landscape departments are key components of the organization. HFC looks to empower students and act as a force in helping them create positive change.



**HFC's Mission:** "Empower the next generation of environmental leaders to create safer, more sustainable living and learning environments for all, by starting locally and advocating for organic land care on their campuses"

Source: <https://www.herbicidefreecampus.org/our-mission>



Source: <https://www.herbicidefreecampus.org/issue>

Herbicide Free Campus sees the issue of pesticide use as an interconnected set of problems and areas of focus. Pesticides impact the environment by increasing levels of environmental toxicity, contaminating soil and water, and contributing to climate change through carbon sequestration. They describe how the use of pesticides is a social, political, and racial justice issue as well since these chemicals are toxic to humans and disproportionately impact BIPOC communities. Finding alternative solutions for farming is not only better for the environment, but a matter of human rights.

Anyone looking to get involved in HFC at Berkeley can join the campus' campaign or apply to be a fellow.



The Black Panthers: Ten Point Program 1. WE WANT FREEDOM. WE WANT POWER TO DETERMINE THE DESTINY OF OUR BLACK AND OPPRESSED COMMUNITIES. We believe that Black and oppressed people will not be free until we are able to determine our destinies in our own communities ourselves, by fully controlling all the institutions which exist in our communities. 2. WE WANT FULL EMPLOYMENT FOR OUR PEOPLE. We believe that the federal government is responsible and obligated to give every person employment or a guaranteed income. We believe that if the

American businessmen will not give full employment, then the technology and means of production should be taken from the businessmen and placed in the community so that the people of the community can organize and employ all of its people and give a high standard of living. 3. WE WANT AN END TO THE ROBBERY BY THE CAPITALISTS OF OUR BLACK AND OPPRESSED COMMUNITIES. We believe that this racist government has robbed us and now we are demanding the overdue debt of forty acres and two mules. Forty acres and two mules were promised 100 years ago as restitution for slave labor and mass murder of Black people. We will accept the payment in currency which will be distributed to our many communities. The American racist has taken part in the slaughter of our fifty million Black people. Therefore, we feel this is a modest demand that we make. 4. WE WANT DECENT HOUSING, FIT FOR THE SHELTER OF HUMAN BEINGS. We believe that if the landlords will not give decent housing to our Black and oppressed communities, then housing and the land should be made into cooperatives so that the people in our communities, with government aid, can build and make decent housing for the people. 5. WE WANT DECENT EDUCATION FOR OUR PEOPLE THAT EXPOSES THE TRUE NATURE OF THIS DECADENT AMERICAN SOCIETY. WE WANT EDUCATION THAT TEACHES US OUR TRUE HISTORY AND OUR ROLE IN THE PRESENT-DAY SOCIETY. We believe in an educational system that will give to our people a knowledge of the self. If you do not have knowledge of yourself and your position in the society and in the world, then you will have little chance to know anything else. 6. WE WANT COMPLETELY FREE HEALTH CARE FOR ALL BLACK AND OPPRESSED PEOPLE. We believe that the government must provide, free of charge, for the people, health facilities which will not only treat our illnesses, most of which have come about as a result of our oppression, but which will also develop preventive medical programs to guarantee our future survival. We believe that mass health education and research programs must be developed to give all Black and oppressed people access to advanced scientific and medical information, so we may provide our selves with proper medical attention and care. 7. WE WANT AN IMMEDIATE END TO POLICE BRUTALITY AND MURDER OF BLACK PEOPLE, OTHER PEOPLE OF COLOR, ALL OPPRESSED PEOPLE INSIDE THE UNITED STATES. We believe that the racist and fascist government of the United States uses its domestic enforcement agencies to carry out its program of oppression against black people, other people of color and poor people inside the united States. We believe it i

# ALONE, WE BEG UNITED WE BARGAIN!



s our right, therefore, to defend ourselves against such armed forces and that all Black and oppressed people should be armed for self defense of our homes and communities against these fascist police forces. 8. WE WANT AN IMMEDIATE END TO ALL WARS OF AGGRESSION. We believe that the various conflicts which exist around the world stem directly from the aggressive desire of the United States ruling circle and government to force its domination upon the oppressed people of the world. We believe that if the United States government or its lackeys do not cease these aggressive wars it is the right of the people to defend themselves by any means necessary against their aggressors. 9. WE WANT FREEDOM FOR ALL BLACK AND OPPRESSED PEOPLE NOW HELD IN U. S. FEDERAL, STATE, COUNTY, CITY AND MILITARY PRISONS AND JAILS. WE WANT TRIALS BY A JURY OF PEERS FOR ALL PERSONS CHARGED WITH SO-CALLED CRIMES UNDER THE LAWS OF THIS COUNTRY. We believe that the many Black and poor oppressed people now held in United States prisons and jails have not received fair and impartial trials under a racist and fascist judicial system and should be free from incarceration. We believe in the ultimate elimination of all wretched, inhuman penal institutions, because the masses of men and women imprisoned inside the United States or by the United States military are the victims of oppressive conditions which are the real cause of their imprisonment. We believe that when persons are brought to trial they must be guaranteed, by the United States, juries of their peers, attorneys of their choice and freedom from imprisonment while awaiting trial. 10. WE WANT LAND, BREAD, HOUSING, EDUCATION, CLOTHING, JUSTICE, PEACE AND PEOPLE'S COMMUNITY CONTROL OF MODERN TECHNOLOGY. When, in the course of human events, it becomes necessary for one people to dissolve the political bonds which have connected them with another, and to assume, among the powers of the earth, the separate and equal station to which the laws of nature and nature's God entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to the separation. We hold these truths to be self-evident, that all men are created equal; that they are endowed by their Creator with certain unalienable rights; that among these are life, liberty, and the pursuit of happiness. That to secure these rights, governments are instituted among men, deriving their just powers from the consent of the governed; that, whenever any form of government becomes destructive of these ends, it is the right of the people to alter or to abolish it, and to institute a new government, laying its foundation on such principles, and organizing its powers in such form as to them shall seem most likely to effect their safety and happiness. Prudence, indeed, will dictate that governments long established should not be changed for light and transient causes; and, accordingly, all experience hath shown that mankind are most disposed to suffer, while evils are sufferable, than to right themselves by abolishing the forms to which they are

# **THE BERKELEY STUDENT FOOD COLLECTIVE (BSFC)**

**THE BERKELEY STUDENT FOOD COLLECTIVE (BSFC) WAS ESTABLISHED AMID STUDENT ACTIVISM AND IT CARRIES ON THAT LEGACY TO THIS DAY. IN 2009, STUDENTS PROTESTING THE POTENTIAL OPENING OF A FAST FOOD RESTAURANT ON CAMPUS DECIDED TO TAKE MATTERS INTO THEIR OWN HANDS. THEY BEGAN RIDING BIKES BACK AND FORTH BETWEEN OAKLAND FARMER'S MARKETS AND LOWER SPROUL, WHERE THEY SOLD FRESH FOOD AT COST. THIS SOON SOLIDIFIED INTO THE DEMOCRATICALLY RUN GROCERY COLLECTIVE AT 2440 BANCROFT. THE BSFC IS ABLE TO PROVIDE THE SECOND CHEAPEST GROCERIES IN THE EAST BAY THANKS TO STUDENT VOLUNTEERS THAT CARRY THE TORCH.**





# Planting Justice

Planting Justice was started in 2009 as a grassroots community organization. They hire community members directly affected by the criminal legal system, offering fair employment as they transition out of prison. Planting Justice has built over 500 urban edible permaculture gardens in the Bay Area. They also work with schools in developing food justice curricula.

## Three Pillars:

- Food Sovereignty
  - "we work to address the structural inequalities embedded in the industrialized food system"
- Economic Justice
  - "we provide fair wages with comprehensive benefits for a dignified livelihood in the food system...by investing in food workers, we can reinvigorate our local economy, increasing access to nutritious food and meaningful employment"
- Community Healing
  - "we support the well-being of marginalized communities and are committed to suturing access to the resources that support holistic health through providing communities with equal access to nutritious affordable food, dignified jobs, education, green space, safety, and mobility"

They have a few different programs including the Planting Justice Nursery and Sogorea Te' Land trust which has developed a partnership between Planting Justice and indigenous community members and environmental stewards to slowly rematriate a 2-acre plot of land in deep East Oakland. Planting Justice's Four Acre Mother Farm boasts incredible plant biodiversity and offers jobs for community members. A third program is their Food Justice Education initiative which "activates people most directly impacted by poverty and food injustice to create a more local and sustainable food system by developing their skills in ecological design, nutrition education, and multimedia arts."

Students can get involved by volunteering at the nursery in East Oakland, the mother farm in El Sobrante, and/or the good table in El Sobrante. Check out their website for more information!



Grow Food  
Grow Jobs  
Grow Community

# ACTA NON-VERBA

Acta Non Verba is a youth urban farm program that "elevates life in the inner city by challenging oppressive dynamics and environments through urban farming."

Acta Non Verba has a 1/4 acre farm in Tassafaronga Park in Oakland. The farm is "planned, planted, harvested, and sold" by Oakland's youth. The money is then reinvested in the community through individual savings accounts for the participating youth.



There are a few different programs that Acta Non Verba runs including Camp ANV which serves low-income youth ages 5-13. The camps "provide a safe space for local youth to learn the business of sustainable agriculture, promote fitness, teach students healthy cooking and nutrition, offer students the opportunity to complete arts, science, and reading projects, and develop financial literacy." The farm also hosts field trips and farm visits for pre k-12th grade students. Acta Non Verba also has a CSA (community supported agriculture) which delivers fresh produce throughout the East Bay for participants who sign up and pay \$25 per week.

UC Berkeley students can get involved by donating on their website, joining their CSA, or volunteering as a camp counselor. Check out their website for more information!

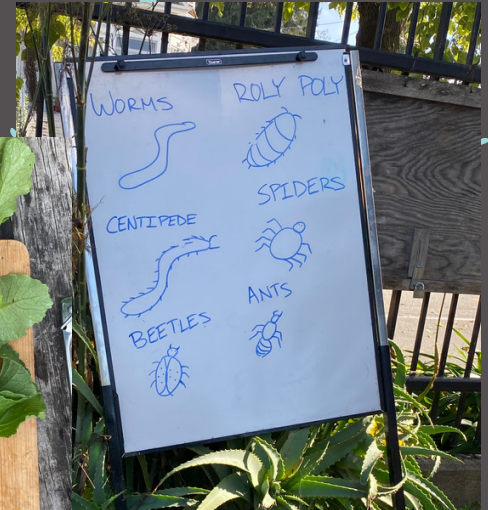




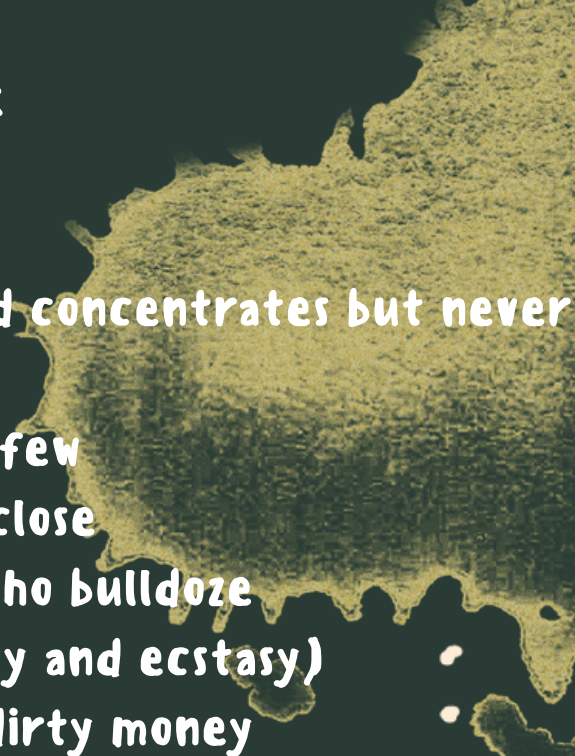
# Berkeley Unified School District Gardening and Cooking Program

The Gardening and Cooking program has been implemented district wide throughout Berkeley's public schools from preschool through high school. The curriculum weaves together lessons that support students academic, emotional, physical, and social development. The program serves over seven thousand students, has eighteen garden and cooking instructors, includes seventeen school gardens and four kitchen classrooms. There are three central pillars to this program: academic achievement, increased health, and essential life skills. The curriculum follows Common Core standards outlined by the state of California but lessons are also catered to the needs of students. These lessons are interactive both for students and between classroom teachers and outdoor educators, they are hands-on, inclusive, encourage curiosity, and provide space for reflection.

UC Berkeley students can get involved with the BUSD Gardening and Cooking program by emailing Jezra Thompson ([Jezrathompson@berkeley.net](mailto:Jezrathompson@berkeley.net)) to inquire about volunteer opportunities. UC Berkeley students can also look into receiving compensation via fieldwork units.



# Many Hands



Many hands  
Make idle work  
But few hands  
Form power  
That grows and concentrates but never  
Ideates.  
And when the few  
Are drawn to close  
By the many who bulldoze  
(With solidarity and ecstasy)  
The hands of dirty money

By ty shelton





# Food Association at Berkeley

**Food Association at Berkeley (FAB) is a community of passionate food enthusiasts pursuing a deeper understanding of the food systems through advocacy, leadership, and community work.**

The club aims to combine the varied food experiences of members, all of whom come from different backgrounds, with insight from professionals and industry speakers to create an educational and creative environment. Anyone from any major is welcome -- whether they may be interested in a career in the food industry, obsessed with cooking/baking, looking to share their recipes, food photographers, or passionate about food policies, everyone's experience is valued.

Each semester, FAB has a variety of guest speakers come to talk about various food-related topics such as entrepreneurship in the food industry and sustainability, as well as to give professional development workshops. Past speakers have included Jasmine Pak (BuzzFeed Tasty), Ike Shehadeh (founder of Ike's Love and Sandwiches), and Will Rosenzweig (UC Berkeley) to name a few. It was actually the guest speaker event with Professor Rosenzweig about being a food systems changemaker that intrigued current FAB president Yvonne Liu to check out the club.

Yvonne sees healthy eating as the greatest food systems challenge. She described that eating out can be both expensive and unhealthy. The club is currently creating a cookbook project that will be finished by the end of the semester. The aim of the project is to share college-friendly recipes with students so they can easily make meals at home. Yvonne sees sustainability as another important issue and believes education through speaker events can make people more aware of this issue. Representatives from the companies Too Good To Go and The Better Meat Co. were past speakers for the club.

**If you were UC President, what would be the first thing you would do to change the food system?**

*Support more local and sustainable sourcing [and] implement more strict anti-trust laws that prevent massive food conglomerates (Nestle and PepsiCo.) from dominating the industry.*

~ Yvonne Liu (President of FAB)



# UC Berkeley Food Pantry

**The UC Berkeley Food Pantry provides emergency food relief for students, staff, visiting scholars, and more.** Located in the Basic Needs Center on the first floor of the MLK Student Union Building, students and staff are able to take as much as they need up to one time per week. Open hours can be found on the Food Pantry's website:  
<https://basicneeds.berkeley.edu/pantry>.



Source: <https://www.dailycal.org/2019/04/21/uc-berkeley-food-pantry-celebrates-its-5th-anniversary/>

Annie Liu has been interning with the Food Pantry since the beginning of the Spring 2022 semester. After visiting the Food Pantry in the past and recognizing how it had an impact on her, she decided that she wanted to learn more about their work. Annie noted that in addition to supporting anyone in the UC Berkeley community who may need emergency food resources, the Food Pantry helps spread awareness of other organizations and resources such as the Berkeley Food Network pantry, City of Berkeley pantry, and CalFresh. The Basic Needs Center as a whole provides housing and transportation assistance, long-term food security, personal hygiene products, and additional resources community members may need.

When asked about what she believes are the greatest challenges to food security, Annie said that some of the biggest barriers are "physical proximity and financial affordability. The Food Pantry addresses both of these issues by providing free produce and pantry staples on campus, which is much closer than surrounding grocery stores." Annie urges that everyone learn more about the people behind their food. This includes "the farmers, restaurant workers, truck drivers, meat and poultry workers...all along the supply chain, because the struggles they face affect you too."

Anyone looking to get involved in the Food Pantry can volunteer or intern with the Pantry and Basic Needs Center.

<https://basicneeds.berkeley.edu/pantry>





# THE BASIC NEEDS CENTER (BNC)

THE BASIC NEEDS CENTER (BNC) IS THE CAMPUS DEPARTMENT DEDICATED TO HELPING STUDENTS MEET THEIR BASIC NEEDS DEFINED AS FINANCIAL STABILITY, NUTRITIOUS AND SUFFICIENT FOOD, SAFE SECURE, AND ADEQUATE HOUSING, ACCESSIBLE AND EQUITABLE HEALTH/MEDICAL CARE, TECHNOLOGY AND TRANSPORTATION. THE BNC IS FUNDED BY SEMESTERLY STUDENT FEES AND OPERATED BY STUDENT STAFF AND AN OVERSIGHT COMMITTEE COMPOSED OF REPRESENTATIVES FROM THE ASUC, A STUDENT COORDINATOR, AND ONE OF EACH UNDERGRAD AND GRAD STUDENTS AT LARGE.

THEY ARE LOCATED IN B NORTH AND ALSO ARE ACCESSIBLE ONLINE. THEIR SERVICES INCLUDE A FOOD PANTRY, CALFRESH ASSISTANCE, FINANCIAL COUNSELING AND AID, LEGAL AND FINANCIAL COUNSEL FOR HOUSING, EMERGENCY HOUSING ARRANGEMENTS, AND COUNSELING RESOURCES.





# Contacts

- Self Help Hunger Program
  - Facebook: @selfhelhungerprogram
  - selfhelphunger.org
- Punks With Lunch
  - punkswithlunch.org
  - oaklandpunkswithlunch@gmail.com
- Planting Justice
  - plantingjustice.org
  - volunteer inquiries: yukonriverwoman@att.net
- Acta Non Verba
  - anvfarm.org
  - info@anvfarm.org
- Deep Grocery Coop
  - thedeepgrocery.coop
- Berkeley Student Farms
  - <https://www.studentfarms.berkeley.edu>
  - Contact: [berkeleystudentfarms@gmail.com](mailto:berkeleystudentfarms@gmail.com)
  - Get Involved:  
<https://www.studentfarms.berkeley.edu/get-involved>
  - Moe Sumino: [msumino@berkeley.edu](mailto:msumino@berkeley.edu)
- Fannie Lou Freedom Farm - Oxford Tract
  - People's Programs:  
<https://www.peoplesprograms.com>
  - Fannie Lou Hamer:  
<https://www.fannielouhamersamerica.com/fannie-lou-hamer-resource-center>
  - AB: [ab@peoplesprograms.com](mailto:ab@peoplesprograms.com)
  - Ameia Smith: [ameia@berkeley.edu](mailto:ameia@berkeley.edu)
- Berkeley Student Food Collective
  - [foodcollective.org](http://foodcollective.org)
  - [director@foodcollective.org](mailto:director@foodcollective.org)
- BUSD - Gardening and Cooking Program
  - <https://www.berkeleyschools.net/gcp/>
- Herbicide Free Cal/Campus
  - <https://www.herbicidefreecampus.org/>
- Food Association at Berkeley
  - Facebook: @FoodAtBerkeley
- Basic Needs Center
  - [basicneedscenter@berkeley.edu](mailto:basicneedscenter@berkeley.edu)
- UCB Food Pantry
  - <https://basicneeds.berkeley.edu/pantry>
- Indigenous Learning Community Garden Project - Oxford Tract
  - Andrea Salazar: [aj\\_s@berkeley.edu](mailto:aj_s@berkeley.edu)
- Gill Tract Farm Coalition:
  - <https://www.studentfarms.berkeley.edu/about-7>
  - <https://www.gilltractfarm.org>
  - Volunteer: <https://www.gilltractfarm.org/get-involved>