



# RIGHT TO FOOD ZINE

Harvest 2020  
Issue 25

free

*Janeen M. Fleet*

*Featuring:*

SEED TO SHINING SEED

BRAISED GREEN BEANS RECIPE

A TRUE STORY... (THE GREEN TRASH BIN)

WILD BERRIES, STRAWBERRY FIELDS, AND FOOD SECURITY • CONCRETE OASIS • & MORE

### *Artist Statement*

My work involves a number of themes and mediums, from drawing to writing to fashion and exploring these forms in a culturally responsible way and one that always has a storytelling element to it.

### *Bio*

From Mushkegowuk Aski, Samantha is a self-taught Ininiw multimedia artist. As a part of the generation whose parents were indian residential school survivors, they greatly understand the intergenerational impacts of colonization this had through all the generations of their family and this greatly inspires their work to revitalize language, informs their art, writing and activism.

### *Cover Art*

#### **'HARVEST MOON'**

This piece celebrates the diverse definition of what harvest means-from freshwater foods to peaceful forms of agriculture that does not harm the land. I come from a land that celebrates a widely diversified indigenous food system because of the unique landscape we have which includes a major staple like geese and moose. Caribou, arctic char to cloudberry to blueberries to chanterelles-already perfect in its design, I also wanted to reflect that my territory is a walk-through experience of forest and freshwater foods that could explore the concept of supplementing these foods through agroecology and healing the lands through methods that align to indigenous thought and stewardship.

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# RIGHT TO FOOD ZINE

DOWNTOWN EASTSIDE  
NEIGHBOURHOOD HOUSE  
573 East Hastings St. Vancouver, BC V6A 1P9  
*Unceded Coast Salish Land & Waters*

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## Seed to Shining Seed

ANUSHKA NAGJI

As we come to the end of growing season, we enter a time of celebration and abundance, all endings are beginnings too. After a season's worth of hard work, of balancing water and weeding, pulling and pruning, we cherish the last days of summer and the abundance that comes naturally from our labours of love.

Growing the food we nourish ourselves with has always been an act of sovereignty and independence, when we grow our own food, we remove our reliance on tenuous market and distribution systems that we have no control over and that, in times of crisis, we find ourselves at the mercy of. We bring back, into our hands, control over our own health and happiness. Growing our garden makes space for wonder and wildness in our hearts and our minds and allows us to give up the need to know and instead engage in the need to do, the need to be, free.

Harvest season is a special time, when we finally get to taste our freedom, reaffirm our connections to the lands and waters that feed us and nourish ourselves through our ability to feed and love our bodies and spirits alike.

As we harvest and feast, the most important act of food sovereignty is found in something much smaller and often forgotten about at this time of year, our seeds. Saving seeds from the

garden we grow completes the cycle of the season and puts next year's garden and all of its precious possibilities in our hands. In a world of Monsanto and GMOs, where seeds are patented and reproduced in private labs, where 4 companies control 60% of global seed sales and 90–95% of food plant varieties have all but vanished from our world, saving seeds become another act of resistance.

When we save seeds, we exchange corporate control over our food for the biodiversity of the world around us and the biodiversity of our own health and bodies.

We resist monoculture and monetization of our food and we actively support the diverse ecosystems that we are a part of and rely on to survive.

When we harvest our fruits and vegetables, it is a time for us to harvest our seeds as well. Many gardeners are intimidated by the prospect of saving seeds but the process is as enjoyable as it is necessary to our food security. Saving seed doesn't require any special practice other than letting your plants grow to the end of their cycle and allowing the seeds to ripen before collecting, drying and storing for next year's garden. My favourite seeds to save have always been tomato seeds. In one tomato alone, there are enough seeds for next year's whole garden and just before a hard frost, in the last days of my garden, I collect my favourite tomatoes and squish them into a glass jar, excluding as much pulp and skin as possible, I make sure the seeds are submerged in liquid, I add a little water if necessary,

and I put the jars some place cool and dark for a few days to ferment and separate. I come back to my jars when I remember to and skim off the seeds and other material that have floated to the top and keep the seeds that have sunk to the bottom. I then wash those seeds and separate them out onto a coffee filter or paper towel and allow them to dry. This usually takes a few days, when they are dry and I have separated the



seeds from each other, I store them in a paper envelope, labeled with the type of tomato and the date and put them away for next year.

**Take some time with your plants and you will know their seeds.**

The sink or swim method outlined above allows you to tell viable seeds from non-viable seeds, the ones that sink to the bottom of a jar of water are the ones weighty enough to come to life when you need them to and the ones that float are not. Some seeds are inside your fruit and vegetables like tomatoes and squash, some seeds are in your flowers like poppies and marigolds, some of your food is your seed like beans and peas and some plants produce seeds after they flower, such as broccoli, lettuce, spinach and other greens, after the flowers are pollinated, they wilt and pods develop and must be allowed to dry before collecting for seed. The completion of a full cycle of planting, growing, harvesting fruits and seeds and putting your garden to bed for the winter is immensely satisfying work, and through this process, you become part of your garden, just like the birds and the bees, you are reconnected to actual cycles of birth, death and rebirth and this gives your whole being somewhere to grow too so take some time this year to be with your garden as it dies and lives again in its seed. Next year's garden is waiting for you in the space between.

PHOTO CREDIT ANUSHKA NAGJI



## CONCRETE OASIS

*Ava Caldwell*

PHOTO CREDIT ERIN SCARR

IT'S A HOT DAY IN VANCITY.

The silence is sweet. There are no screams, no blaring sirens. Just a group of determined Neighbourhood House volunteers, quietly moving mountains of earth, who have taken a dilapidated parking lot, abandoned garden and have made it into a green wonderland amid the current covid crisis.

The Urban Farm is all about transformation. Making a green sanctuary where people can work, learn and harvest together. The healing breeze brings the fragrant scent of bee balm, rosemary, and, yes, there's the smell of...shall we say, sweat and manure! Natural solutions are always the best!

There's a huge bounty of vitamins in spinach, tomatoes and herbs that are growing profusely. The changes are astounding; in 12 weeks, over 70 volunteers have accomplished miracles with a minuscule budget. Led by Patrick Moore, an anthropology professor at UBC, they salvaged usable lumber and dirt from rotted old garden planters which were in a terrible condition. The volunteers chased out a dynasty of vermin who had taken over the garden. They created 8 huge raised beds separated by large walkways for access. Storage boxes were built which double as benches so that folks with disabilities can garden easily from a side seat. Hives for Humanity planted lots of bee-friendly plants like the beautiful red Bee Balm, Echinacea, Honeysuckle, in preparation for the hives' arrival in September. Active bees ensure pollination, with yummy wondrous golden honey produced as an added delight. I can easily predict a workshop on Honey-Making! It's sure to be a favourite!!

**The produce from the garden is used in many community meals and outreach programs.**

At another garden located at Jackson & Hastings, a group of elder Asian grandmothers grow Bok Choy and make scrumptious dumplings to share.

A first ever Plant Sale, held on July 18/19, found new homes for dozens of basil, tomato, tarragon, zucchinis plants. Neighbours gathered while listening to beautiful instrumental jazz classical ballads by eQualia

(contact Julia at 778-837-7952) and some classic rock guitar by Luv Supreme (@schweyluv contact Christopher at 778-513-7096).

The "Urban Farm" is truly becoming an oasis in a jungle of tangled lives and new directions. The most exciting new part is the "Indigenous Healing Garden", which has been carefully planned by Lori Snyder, who is a Metis educator and herbalist. Sage, sweet grass, lavender, echinacea Oregon grape, blueberries and salmon



**PAT WORKING ON GARDEN BEDS**  
PHOTO CREDIT AUSTIN ASHLEY



**STARTING TO PLANT THE HEALING GARDEN**  
PHOTO CREDIT AVA CALDWELL

berries grow profusely. The Healing Garden will provide workshops with indigenous elders to teach and demonstrate the health and medicinal benefits of plants.

**Elders are an integral part of community education. They share a wealth of life experience and cultural knowledge.**

Values are woven into the tapestry of their teaching. You learn what sustainability really means to the environment, culture and life in DTES.

A great deal of thought has been given to make the garden accessible to those with disability devices and mobility issues. Wide access paths will allow

easy set up for community groups for workshops, community dinners, and other festive celebrations. The other plans are to build sturdy ramps over old foundations for access and safety and to provide some shade with awnings or tents.

The Urban Farm is innovative and timely. Suggestions have been made to create a teaching labyrinth from the entrance to the Healing Garden, with information posted about current crops. The garden beds could be linked with how-to information about germination, the importance of water and drought-resistant crops, and even information about brewing chamomile and echinacea tea!

Our wish list for the Urban Farm is simple. We want people to know about food. The Neighbourhood House wants to involve even more people in growing food; in understanding the importance of sustainability; and in helping people reconnect to others in positive projects. This biggest issue we face is funding. The raw costs of wood, nursery plants and dirt are high. Our plan is to specially fundraise from companies who share common goals of integrating food sustainability and building knowledge and community spirit. Any ideas? Join us and be part of our team!

If you want to contribute time, energy, funds or all of the above please email [urbanfarm@dteshouse.ca](mailto:urbanfarm@dteshouse.ca) or call Rory Sutherland at 604-215-2030

We need you!!

## **WILD BERRIES, STRAWBERRY FIELDS, AND FOOD SECURITY**

Mildred German, August 2020

Unceded Territories—The buzzing bumble bees and wasps greet me as I walk around the neighbourhood of East Vancouver. It still feels like Spring—Vancouver has a late Summer this year. When it's warm, it's warm. It rains at times and the rain is lovely.

The bumble bees gather at the blackberry bushes, where there are plenty of fruit. Like the bees, who cannot love blackberries? Healthy and refreshing. Eat fresh, blend into a smoothie. Eat them frozen. Toss them into salad. Add whipped cream for a quick dessert.

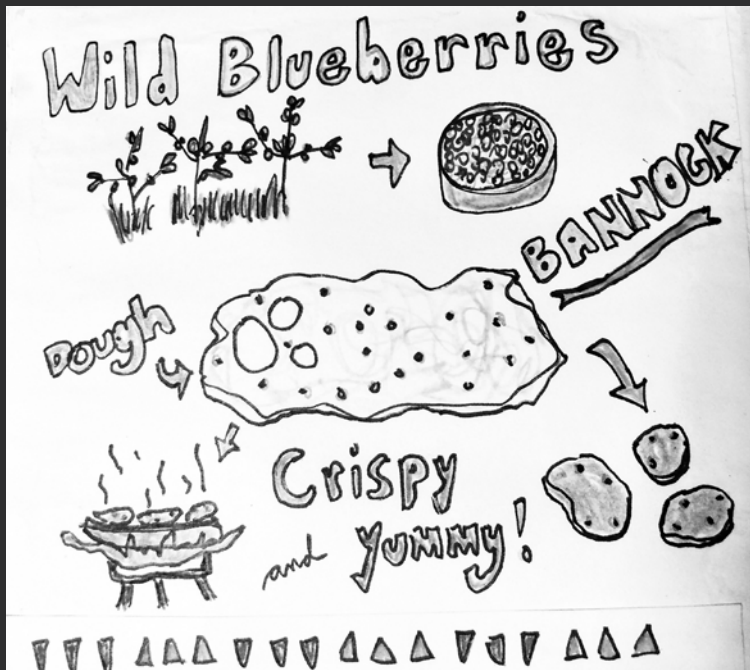
Berries such as strawberries, blueberries, raspberries, and blackberries are some of my favorite snacks. I too add mixed berries to my morning oatmeal for natural sweetness.

Berries are also one of the world's most favorite flavors. Berries are used in jams, cakes, pies, wines, and pastry products. I myself certainly have fond memories of Strawberry-Rhubarb Crisp. It is one of those comfort foods I like to bake with friends.

I too definitely love strawberries. I definitely love rhubarbs too. Strawberries and rhubarb combined in buttery crisp of oatmeal, cinnamon, nutmeg, and vanilla, all baked to perfection.

**I also have food memories of wild blueberries. Wild blueberries are most abundant in the Northern Hemisphere from July through September, and remain one of the most important berries produced in the world.**

I am reminded of the wild blueberries being harvested and of the Wild Blueberry Bannock prepared by the elders and students from the moose camp I participated in school last year. As part of our classes at Weengushk Film Institute (WFI), Anishinaabemowin Language and Land-based Training are also incorporated.



FROM "WHERE'S THE MOOSE?" BY MILDRED GERMAN. RECIPE BY GRETA C.

Yes, there is indeed a necessity to protect the land—then and now and for the future generations.

As COVID-19 pandemic has shed a lot of systemic racism, including in the food, agriculture, and health sectors, and with the multiple news from all over the globe that have surfaced on the issues of food crisis shortages, when is the better time to prioritise indigenous food and land sovereignty, the protection of land and water, the rights and welfare of agricultural, migrants

and essential workers, more effective food waste reduction, and moving towards a more sustainable food culture?

With all these thoughts, and much food security work to be done, I too am reminded of a gracious conversation I had—and of the questions surrounding the theme, "Why do we eat bananas in Canada, when there are plenty of berries around?"

Transporting bananas requires use of oil and gas that leave carbon footprints in our

environment. In addition there are many indigenous agricultural lands globally which are turned into cash crops, affecting many local communities' means of production of their own food.

As Canada is the world's largest producer of wild blueberries (according to the agr.gc.ca report in 2019), are we able to sustain our local productions too? Many times the shortage of agricultural labour during the harvesting season also puts a big threat to our food security as produce rots and becomes wasted. Therefore Canada hires migrants, foreign, temporary and seasonal workers to fill the gaps in this sectoral labour needs.

Recent news of COVID-19 outbreaks in agricultural, food establishments and processing plants have prompted many migrant workers and advocates

to call for proper housing accommodations, PPE, access to healthcare services, and permanent status. These calls add to the steps to protect workers, the agricultural sector, and the country's food production.

**Despite being deemed as "essential workers", migrants, foreign, temporary and seasonal workers continue to face violations of their rights.**

It is unfortunate too that many of these migrant workers arrive in Canada in good health, only to get exposed to COVID-19 and other dangerous workplace conditions, then be out of work as if they are useless broken tools.



BLUEBERRY PICKING.  
PHOTO BY MAY GERMAN



MILDRED GERMAN

## Strawberry Fields Forever

Strawberries are one of the most popular and important soft fruits grown in Turtle Island. Strawberries are grown cultivated or wild. The wild strawberries have smaller size compared to the cultivated strawberries we often see in the grocery store's produce aisles. A wild strawberry would be a small size of a pinkie and are vibrant red when ripened. Also, the wild strawberries are very sweet and have intense distinct flavour compared to the cultivated strawberries.

Strawberry fruits have seeds on the outer skin compared to other berries. An excellent source of Vitamin C, the strawberry fruits

are bright red in colour when ripened. June is the time when wild strawberries start ripening. Summer is when strawberries are abundant and vibrant red—as red as glowing fires in the strawberry fields. With its heart-shape, the strawberries also help us understand compassion.

### MORE STRAWBERRY FACTS:

- The strawberry fruit is also known as “heart berry” in many Indigenous cultures in North America.
- The average strawberry has 200 seeds.
- “Strawberry Fields Forever” is a song by the Beatles, released in 1967.

*Dedicated to my teacher, Greta Cheechoo. Miigwech.*

## PLANT A SEED; FEED THE PEOPLE

Patrick Moore

AT ITS HEART, as the mural facing the rising sun on the side of the Astoria Hotel illustrates, the DTESNH Urban Farm is just that simple, “Plant a seed; feed the people.” But nothing is ever that simple. On the day when Rory and I first went to the site to see if it could be revived as a farm, Antonio, a resident of the Astoria Hotel told us, “They used to grow lots of things here, but the mice ate everything and they left.”

When I contacted Sole Foods at the end of March and learned that they had relinquished the site, I began to work with Rory to work out an agreement with the owners to create a farm that would meet needs not only for food, but also for green space, community building, and knowledge creation. Providing food for the Neighbourhood House and local residents was a priority because the pandemic endangered food supplies: people were hoarding everything from meat to pasta. We wanted to ensure that the space would be used to provide local organic produce, while also addressing urgent issues like climate change. The 138 raised garden beds were falling apart and had grown weeds and blackberry bushes for three years, so everything had to be taken apart and rebuilt, which often required sifting the soil. Over 70 volunteers, including local residents, DTESNH Staff, students, and seniors



MURAL ON THE SIDE OF THE ASTORIA HOTEL  
PHOTO CREDIT AUSTIN ASHLEY



BEFORE THE GARDEN BEDS WERE REBUILT  
PHOTO CREDIT AUSTIN ASHLEY





AARON PROCESSING COLLARD GREENS  
PHOTO CREDIT ERIN SCARR

worked every day of the week rain or shine for over two months to rebuild and plant the farm. At that time many others in Canada and the U.S. took up gardening causing shortages of seeds and gardening supplies.

We wanted to make the farm look and feel good. Hives for Humanity agreed to plant flowering plants in the beds along the southeast corner as a future home for bees. Indigenous plant person Lori Snyder provided direction for an Indigenous medicines garden in the southwest corner of the farm. To shade the popular concrete bench beside the fence, descendants of the

former owners of the Astoria and the UBC Museum of Anthropology donated plum trees for the northwest corner. By the time we held the plant sale to welcome residents to the farm in July, it had become a quiet green refuge.

The farm offers opportunities for community building, both with local residents and with others in Vancouver and neighbouring areas. The volunteers came from diverse racial and ethnic groups and from both the Downtown Eastside and adjacent neighbourhoods, and continuing to build connections to meet the needs of all members of the local community is essential.

The role of the farm in knowledge creation, its use as a learning environment, will be even more important than its use for food production.

I grew up on a farm in Michigan and my experiences there and elsewhere prepared me for the challenges of this project. As I was eliminating the rats, I remembered my dad's stories of collecting the 5 cent bounty for rats in the 1920s (He would have made a fortune at the DTESNH Farm). As I was transplanting 100 flats of plants for eventual planting, I was reminded of my cousins' work in their enormous Indiana greenhouses. While cutting leaf lettuce to grow back again I recalled one rainy Yukon summer when the leaf lettuce grew back eight times before freezing in September. The Moja coffee grounds that we spread on the farm each week take me back to the UBC Children's Garden,

where we used the grounds from the adjacent Bean Around the World coffee shop. While the volunteers have learned many valuable skills: building skills, knowledge of soils and plant nutrients, watering, etc. we are only about to start teaching the younger children who will be the key to the future. Children all differ in what they are ready to learn. In the

UBC Children's Garden the child who wanted to learn how to do everything, Roula, the one who absorbed all my knowledge over two years, returned to Cairo when her mother, a post-doc in Chemistry went home. In my imagination there is now a whole Cairo neighbourhood that she is steadily greening, or at least a verdant rooftop garden at their home.

### **THE GREAT DANGER FOR THE URBAN FARM,**

and the neighbourhood isn't the rats, or the pandemic, or even global warming, as dangerous as those may be. The pervasive everyday threat is from unrestrained capitalism and gentrification. The pursuit of profit continues to drive both developers and politicians to disregard local needs for food security, affordable social housing, community building and outdoor learning spaces such as the urban farm. The challenge will be to use the farm to educate everyone about the need to maintain a balance. Plant a seed; feed the people. 🌱

## Braised Green Beans Recipe

MARIA GAUDIN

### INGREDIENTS

- 1 lb trimmed fresh green or yellow beans, halved
- 1 cup cherry tomatoes, halved
- 5 clove garlic, minced
- 2 Tbsp fresh ginger, minced
- ½ cup soya sauce
- 2 Tbsp oil (sesame, olive oil, canola)
- salt & pepper, to taste

### DIRECTIONS

1. Preheat oven to 400°F
2. Mix everything into a roasting pan. Cover with foil.
3. Bake until beans are tender, approximately 15–20mins depending on oven.

## SEED MAGIC - AVA CALDWELL

*Designed/Illustrated by Anhi*

I have been an ardent gardener since I was three. I learned to plant everything; crystal doorknobs, carrot tops and even treasure. The results were predictable. I soon learned that seeds were special. There was a gift inside, a speck of dust that could be coaxed into life with a little water, sun and ??? Love and singing. Yes, it's true. Plants need love and singing.

Through many mistakes, let's call them science experiments, I found secrets to make seeds sprout. Every spring, I dream that I will plant every type of vegetable and herb that I enjoy. However, as I have only a 6 foot balcony, I try to select my favourites. I plant tomatoes at the back and basil, parsley, garlic chives, Italian flat parsley. In Vancouver, we have very mild winters with the growing season from mid-May to October. You must get direct sunlight, from 3 - 6 hours each day, to ensure bushy leaf growth and lots of resulting fruit/vegetables. Herbs, however, seem to grow with less sun. They also thrive in poor, sandy soil without nutrients. Chamomile grows abundantly in schoolyards, I often pick it just to taste the scent of my grandmother and childhood teas.



You can coax most seeds into sprouting on a warm windowsill in January to May. Consider the space and light you have. Use 8 X 8 recycled foil containers with holes punched in the bottom. Make sure you space the seeds. Do not bury the seed. If it's a tiny seed. It will need a thin layer of earth. It will take anywhere from 3 days for bean plants, 14 days for tomatoes and a month for some herbs. Thin out seedlings to allow for good growth. When the plants have 4 sets of leaves, you can transplant them directly into the garden or a larger 1 - 2 gallon pots.

I recommend basil as a great first crop. In each seed package you'll find 200 seeds—with the juicy prospect of fresh Pesto sauce in just a few short months !!

### GERMINATION SECRETS:

- Store your seeds in the freezer before you plant them. This is called stratification. It mimics the cold spell in nature in winter, and when planted, the seeds do germinate faster. I keep all my unused seeds in the freezer; but as seeds lose about 20% of their sprouting potential each year. It's best to harvest new seed.
- Soak your seed in water overnight before planting. This makes the seed pod swell as the seed revives.
- Space seed 1 inch apart if possible. If seeds are tiny, gently mix in some sand and sprinkle carefully. Cover with  $\frac{1}{4}$  inch of soil.
- Place near south-facing window for best results. Keep it moist but not saturated.
- When seedlings have 3 sets of leaves, transplant to garden or a large pot.

Seaweed and kelp have special enzymes that encourage germination in difficult seeds. Collect some at the beach at low tide, cut up with gardening shears and place on top of your seed trays. Seaweed can also be dug directly into the soil and will compost quickly. Be careful to not over harvest seaweed; please only take seaweed that has broken off and died. Although there are no laws preventing individual use of beach seaweed, please use common sense and sustainability utilizing the sea's bounty.

Some seeds with hard shells are meant to be eaten by birds so that through the process of digestion, the seed shell is opened. Some gardeners take a paring knife and nick the outside shell to mimic this result. Be careful!

If you are looking for specific types of seeds, try getting some through neighbourhood seed exchanges. The Free Market on Commercial Drive is a good source; check Facebook groups for operating dates due to the Covid Crisis. Other seed contacts are through the gift shop (by appointment only) at UBC Botanical Gardens (604-822-4529) and Van Dusen Seed Collectors (604-257-8335). For heirloom seeds, try BC Seed companies like Saltspring Seeds (1-250-537-5269). I like the direct approach best; I look at my neighbour's garden and I ask if I can harvest some seeds from my favourite plants. I've never been turned down, in fact, I often get an invitation for tea and lemon/basil scones. What a great bonus- a friend and tasty treats !

I keep on experimenting; I've never had success with crystal doorknobs but I seem to coax life out of most of the seeds I've planted.

I respect old folk traditions and modern science, as I have learned that traditional teachings are true science. Seriously, I do plant seeds by the light of the full moon, I do mimic the temperature shift in the seasons using the refrigerator. I believe that each living thing has a rhythmic flow that is important to understand. It's my hope you try to grow some of your favourite herbs from seed next January, and when you have extra plants, remember to share them with neighbours ! Happy planting !

#### Quick Pesto Recipe:

Place in blender  
 1 ½ cups virgin olive oil  
 6 cloves garlic, peeled and chopped  
 1 ½ t. Salt  
 2 t. black pepper  
 Blend for 10 seconds  
 Add ½ cup toasted pine nuts  
 Blend for 20 seconds  
 Wash and chop  
 2 large bunches (about 3 cups) fresh basil with stems  
 1 large bunch (1 cup) Italian parsley  
 Add to oil, blend for 40 seconds  
 Then add  
 1 ½ cups grated Parmesan  
 Blend for 30-45 seconds.

This Pesto is excellent with linguine or other pasta; it can be used as a base for pizza or to make an exciting veggie wrap! Use your imagination! Store in fridge for up to 2 weeks or freeze in ziplock bags. Enjoy!



## **A TRUE STORY...** (*The Green Trash Bin*)

A long time ago, I think when I actually moved out of my real home, For reason's like I was not allowed to smoke cigarettes or marijuana in all of my families' homes, because of the children in the houses all the time

**"NO SMOKING or DRINKING ALCOHOL!!!"**

*I COULDN'T HANDLE THESE RULES SO I HAD TO FINALLY LEAVE.  
**IT WAS GREAT, BUT VERY COLD.***

*I moved to my home town, Rocky Mtn. House, Alberta,  
 Behind the Rocky Mtn. House Friendship Centre in a Green Trash Bin.  
 I slept in there for many years.*

Three or four people could fit in the Green Trash Bin comfortable and snuggly all night long, even if it rains all night, you'll be dry.

*We had a roof in the Green Trash Bin.*

### **WE HAD A LITTLE MOUSE VISIT US EVERY NIGHT WE SLEPT THERE.**

It was so nice to have a little mouse visit with me and my friends every night. I started to feed it anything we were eating, like hamburgers, French-fries and gravy, and KFC.

**FOR MANY MONTHS, AND THEN YEARS PASSED.**

The little guy couldn't fit in the corner hole when it comes and visits, we made the hole bigger.

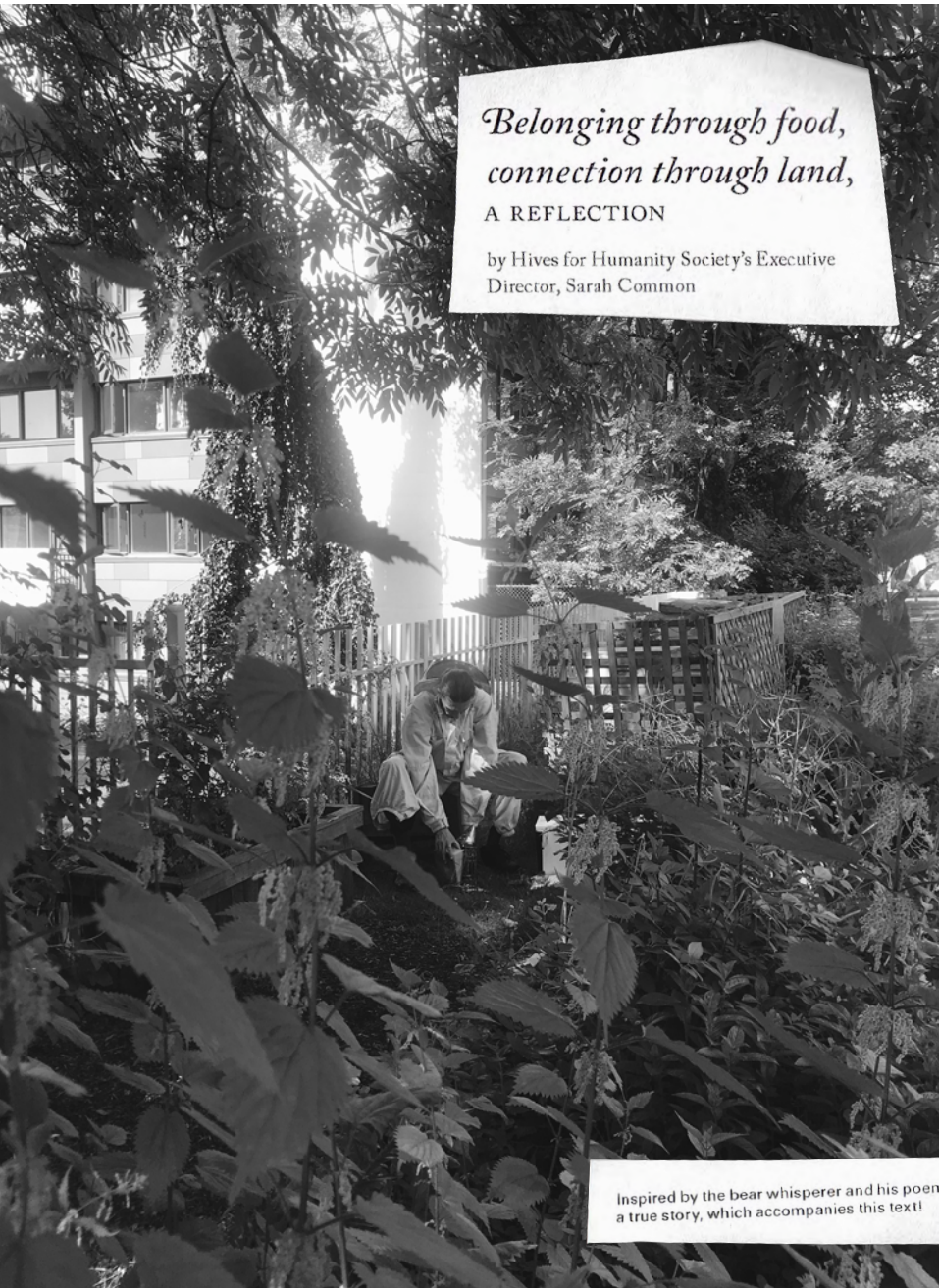
It was so cute; the mouse was so fat it looked like a round furry ball with little eyes and whiskers.

It was not afraid of us.

It was our little pet.

**I LOVED THE MOUSE, BUT LIFE GOES ON, I MOVED ON.**

*The Bear Whisperer.*



*Belonging through food,  
connection through land,*

A REFLECTION

by Hives for Humanity Society's Executive  
Director, Sarah Common

Inspired by the bear whisperer and his poem  
a true story, which accompanies this text!

IAN IN THE APIARY AT MCLEAN COURT

BRASSICA TRANSPLANTING AT  
CHARTRAND ALI, WILIE, FLO



*H*ives for Humanity (H4H) fosters meaningful connection to community, to land and to food, through honey bees and the culture of the hive. We empower self-worth and community pride through skills sharing and experiential learning, working with socially and economically vulnerable populations facing barriers to stability to support their skill and leadership.

We believe in harm reduction, food sovereignty, housing first, safe supply, decriminalization, and in the impact of building belonging by empowering the voices of those most impacted by the systems we seek to dismantle.

We see access to dignified food and to nature as integral to building safer communities—this is how we came to work in gardens and with the honey bees.

The honey bees and the gardens they visit have taught us much about ourselves, each other, and our capacity for growth—they continue to show us ways to communicate and value all contributions, ways to be in the

world that offer connection, medicine, healing and respite. They continue to open us to all that surrounds us: the incredible diversity of bees that live in our wild spaces—56 native bee species in Vancouver; the gift of the plants to calm and heal us, growing where they are needed, asking us to listen; the water that is life that surrounds us and that keeps us all connected.

Through inclusive and supportive programming, H4H creates flexible opportunities for people to engage in nature, supporting at-risk populations of people and pollinators. Our programs include beekeeping, gardening, candle making and seed saving; our work is found in community gardens and therapeutic apiaries like the Hastings Folk Garden and Cathedral Square Park, urban farms like the Astoria Urban Farm and Sole Food Farms, and a Seed Library at the Carnegie VPL.

Our members share their experience, leadership, time, love and skill with us, in our gardens and apiaries, in celebration and memorial, in story and poetry.



VANCOUVER CONVENTION CENTRE H4H  
LESLIE, PHIL, JIM, IAN

If you'd like to learn more we would like to connect with you. Current opportunities include stopping by the Hastings Folk Garden beside Insite on Wednesdays (except cheque day) 12pm-2pm or the Astoria Urban Farm on Thursdays 2PM-4PM where we work in partnership with DTES Neighbourhood House, who are growing abundant beautiful food, and with Lori Snyder, who is growing a medicinal garden.

We acknowledge that we are working, gardening, beekeeping and fostering connection to land and community, on the unceded lands of the x<sup>w</sup>məθk<sup>w</sup>əyəm (Musqueam),

Səlílwəta? (Tsleil-Waututh) and Skwxwú7mesh (Squamish) Nations of the Coast Salish peoples. This land provides opportunity to us all, to step into relationships that honour all ways of knowing and being—it is our duty to build those relationships in reciprocity and respect and towards return of the land to Indigenous jurisdiction.

[hivesforhumanity.com](http://hivesforhumanity.com)  
IG: [@hives4humanity](https://www.instagram.com/hives4humanity)  
FB: [/hives4humanity](https://www.facebook.com/hives4humanity)

# Secwepemc **NO TMX** Sacred Fire Update

DESTIN RRABBIT

Weytkp from Secwepemcúlecw,

Within the heart of Te'kemlups,

Camped out on the banks that connect the Thompson river and everything around it,

We're out protecting the land, along with building trust, being with the land is such an important aspect to healing, the camp has faced challenges from the city of Kamloops & the land.

First week started with the city using RCMP CIRG division questioning our intentions and acting ignorant about our cause, they try to confuse and scare us; the DLT offered services just to get into camp, they also work with the airport to surveil our camp with daily air traffic polluting directly above us with planes, police helicopters & what look like military helicopters, we laughed.

Second week we faced the elements, a giant sandstorm hit the camp we built, with trust in each other, successfully moved camp, we continued with laughs & smiles.

Weeks continue, a cease & desist was served to the TMX work gate, following with what we witnessed as a deliberate chemical flood on the river bank, we witnessed the pools of chemical sludge mix into the river & flood into camp, again we pulled together with spirit, laughs & smiles, managed to clean up after ourselves & further move camp up the path, we prevail and keep the sacred fire going.

Our challenges only encourage us, building relationships with the land is not easy, there's a sacrifice that comes with one's self, but also a spiritual understanding of everything around you, because of this we have good spirits all around.

For more info stay tuned:  
[fb.com/wethesechwepemc](https://www.facebook.com/wethesechwepemc)  
[sqeq-petsin.ca](https://www.sqeq-petsin.ca)

# JOIN THE TEAM!

Interested in contributing your ideas, articles, poems, artwork, photographs, or something else to Right to Food Zine?

As a community partner we are deeply interested to hear from you and what you feel is important. Get in touch with us by emailing [rtfzine@gmail.com](mailto:rtfzine@gmail.com) or connect with us on [Facebook](#) or [Instagram](#).

We are our own media.



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*Writer*

Right to Food Zine’s mission is to promote the human right to food that is healthy, nutritious, affordable, and presented with dignity. Our voices reflect the diversity that is the Downtown Eastside. Our articles, research, and recipes speak to the DTES residents, social justice groups, and beyond. We inform our readers, while fostering the desire to know more and to become more engaged. As part of the DTES community, we strive to be a tool for community-building.

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