



A cheese-making demonstration at Mike's Deli, Arthur Avenue.

A complimentary healthy and delicious lunch will be provided

(except on September tour) by

B-Blossom, a Bronx-based catering company featuring healthy, fresh dishes for all tastes.



Fun & educational for children of all ages!

To reserve your seat, please contact us

Bronx Green-Up, 718.817.8026
or email bronxfoodsummit@gmail.com

All tours (except September*) will depart by trolley from Metro North 153rd Street/Yankee Stadium Station, returning to the same location. The Historical Bronx Trolley will meet at the corner of 153rd and Macombs Dam Park, just outside the train station.

*September 6 tour will depart from and return to **Metro North Botanical Garden station.**

DEPARTURE: 10 a.m. (Please arrive at station between 9:30 a.m. and 10 a.m.)

RETURN: 2 p.m. There is also an option to meet at the first stop in the Bronx, at 10:30 a.m. Please call for details. Registration is required.

Wheelchair-accessible transportation is available. Children 12 & under ride free!

Tickets are \$30, cash or check payable to La Familia Verde. Proceeds go directly to support the Bronx community gardens and urban farms you visit.

Mary Mitchell Family and Youth Center



Montefiore
THE UNIVERSITY HOSPITAL FOR
ALBERT EINSTEIN COLLEGE OF MEDICINE



La Familia Verde
Community Garden Coalition and Resource Center



THE NEW YORK BOTANICAL GARDEN

Bronx Food & Farm Tours 2014

An Urban Agricultural Experience



proudly presented by:

Bronx Borough President Ruben Diaz Jr.

The Bronx Tourism Council

Bronx Green-Up of The New York Botanical Garden

NYC Parks/GreenThumb

Montefiore Medical Center

La Familia Verde Garden Coalition



MAY 10 Bronx 100

Celebrate the 100th anniversary of the Bronx and kick off the season with a tour of some of the oldest community gardens in the borough. We will visit Tawqa Community Farm, a model of urban agriculture in our city, equipped with chickens, beekeeping, fruit trees and food production. Lunch is served at River Garden, established in 1976. Then onto The Point CDC's Riverside campus garden, where youth are harvesting and learning where food comes from.

Tour Guide: Nancy Ortiz-Surun, Co-founder of La Finca del Sur Urban Farm

JUNE 7 Caribbean Culture

Join in the festivities of NYC's annual Puerto Rican Day Parade. First, we'll do some gardening with the folks at Roberto Clemente Community Garden, a space permanently protected by The Bronx Land Trust. Next, we'll visit folks at El Flamboyán Community Garden in the South Bronx. Dominoes may be played! Finally, we'll sway to the rhythm of live drums coming from the Casita, Little Green/Rock Garden.

Tour Guide: Bobby Gonzalez, Bronx Storyteller



JULY 12 Independent Spirit

This tour will feature some of the Bronx's community-led food and garden projects. Our first stop is Padre Plaza Success Community Garden, where gardeners grow and cook healthy food, sell produce at their seasonal farmers market, and teach others about it. We will have lunch at the Waterfront Garden in Soundview, an apt stop on City of Water Day. Finally, we will visit La Finca del Sur Urban Farm, a women-led, non-profit farm and community resource for food, family, gardening, and fun.

Tour Guide: Dior Doward, Agtivist

AUGUST 9 Farming Innovations

Visit WHEDco's rooftop farm, where organic produce is grown by building residents who use the food to support healthy eating habits. We'll visit the Children's Garden at Bartow-Pell Mansion Museum, a National Landmark. There, they use historically-based methods like composting and companion planting. Our final stop is Brook Park, where youth and families garden and raise chickens and bees, and where many arts and cultural events take place.

Tour Guide: Ray Figueroa, President of NYC Community Garden Coalition



SEPTEMBER 6 Italian Culinary Tour

We will begin at the Ruth Rea Howell Family Garden at The New York Botanical Garden, where a longtime volunteer will guide us through the Global Gardens, vegetable plots with cultural themes. Next up, historic Arthur Avenue, an Italian culinary gem, where we'll learn about cheese-making at Mike's Deli. We end the day at the Annual Bronx Green-Up Harvest Festival for community gardeners at the New Roots Community Farm, run and managed by the International Rescue Committee.

Tour Guides: Frank Russo, and Sara Katz, Bronx Green-Up of The New York Botanical Garden



OCTOBER 11 Health & Harvest

Our fall tour will feature all things wellness: get outside, eat well, and exercise! Our first stop will be the Garden of Love and Health, a new community garden. We'll dance a little Zumba to energize us for the day. We will have lunch at Tremont Community Garden, a Bronx Land Trust garden where seniors grow and market food. Finally, we'll visit the Garden of Happiness, where chickens roam among herbs and garden vegetables, all part of a community-run market, founded by urban farm activist Karen Washington.

Tour Guide: Dior Doward, Agtivist

