



A TOUR WITH:

NYEMA CLARK



**DIRECTOR OF NURTURING ROOTS FARM,
FARM COORDINATOR AT LIVING WELL KENT,
& MEMBER OF BLACK FARMERS COLLECTIVE**

Which habits of a systems thinker do you use?

#2: Consider the Wholes and Parts

Nurturing Roots Farm assists immigrant farmers at Living Well, Kent because the farm cares about the wellbeing of the individual farmers and also how those farmers can contribute to healthy and sustainable food sources.

#7: Maintain boundaries We want to expand our boundaries of impact by providing food deliveries for greater accessibility.

#8: Differentiate and Quantify Elements Input and output of greater food system as well as cycles of farming

1. What is your role within the STEM community?

I am the executive director of Nurturing Roots Farm and Farm Coordinator at Living Well Kent. At Nurturing Roots, we are all about sustainable agriculture and community awareness. We work to teach people who have low access to healthy foods how they can take care of themselves and sustain our environment.

2. What is special about Nurturing Roots Farm?

This space was an old pea patch and we were able to transition each of the different lots into a community garden. We grow kale, collards, corn, tomatoes, basil and fruit trees. We also teach seed saving and organic techniques to grow food in a sustainable and healthy way. We like to host farm to table dinners right at our farm.

3. What complex problems are you working to address?

Growing up here in South Seattle I had a lack of access to healthy foods. Going to the convenient store was easy, but filling up on healthy organic foods was out of the question. Being able to have a healthy source of food at an affordable rate for my community is very important. I want to educate people about systemic issues around food justice so all communities can have affordable access to healthy food. I also work to give immigrant farmers at Living Well, Kent opportunities to sell produce at our farmers markets and retain 100% of the profits.

4. What challenges have you faced at Nurturing Roots Farm?

Our city is very expensive and property values are going up, so acquiring property is difficult. However, this year we were able to get our non profit license so we have access to more funding sources than we had before. Also, lot of the time people of color do not have the opportunity to be on these stages and be considered real or authentic farmers. I hope this farm can help to change that.

5. What do you see as the future of Nurturing Roots Farm?

The future of Nurturing Roots is so bright! We have been expanding our space, hosting more events and teaching more workshops. We are hoping to have a CSA (community-supported agriculture) developed where we can not only provide healthy food, but also deliver it. This would help further improve access to healthy food.

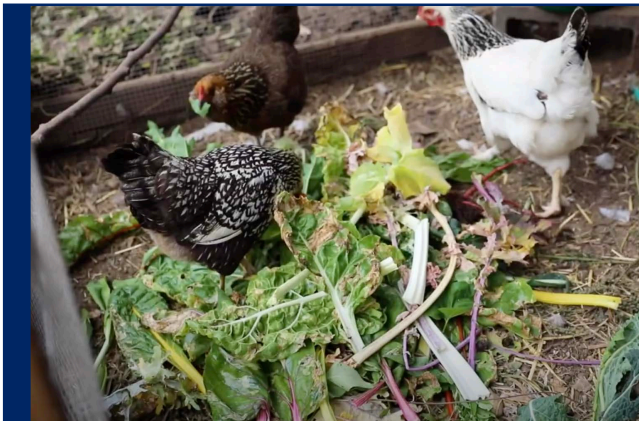


NURTURING ROOTS FARM

BEACON HILL, SEATTLE

FARMERS MARKETS

Nurturing Root Farms brings its produce to farmers markets and helps local immigrant farmers to sell their produce at these in a profitable and sustainable manner. Local farmers can sell their food and get back 100% of profits, helping to address economic equity issues.



SUSTAINABLE AGRICULTURE

Transformed from a peapatch, Nurturing Roots farm spreads awareness and access to healthy foods. You can find healthy choices growing here, like kale, collards, corn, tomatoes, basil and fruit. Weeds and leftovers are fed to the chickens, and sustainable methods like seed saving and organic farming are practiced.

COMMUNITY DINNERS

Nurturing Root Farms hosts farm to table dinners. At these events, the guests sit under tents on hay stacks and are treated to a six course meal. These events spread awareness about the farm and issues it addresses, as well as provide a healthy and delicious meal for community members.

