



**The Hattie Carthan Community Garden
Cordially invites you to attend
The Hattie Carthan 11th annual Food Heritage festival
June 18th 2016 Time: 2:00 pm to 9pm.**

**This year's theme "Our Food is our Culture":- A community offering of
Foods from the African Diaspora
G- Bedford/Nostrand. B38 to Marcy & Lafayette Ave
Questions? 718-638-3566 or hatticarthagarden@yahoo.com**

One of the most interesting things about the food of the African Diaspora is how closely it connects the people who prepare it, often without them even realizing it. There are several characteristics that almost all cuisines of the African Diaspora share: seasoning techniques; cooking techniques such as stewing and frying; the prevalence of starchy mashes or porridges eaten with stews and soups or on their own; Among African, Latin and Caribbean cuisines, ingredients are nearly identical, most likely due to the similarity in climate. Tropical foods such as plantains, cassava, coconuts and palm oil are staples in West African and Afro-Brazilian cooking. The distinctive ingredients of southern cuisine, as well as the styles of cooking them, have been common for centuries in Africa.

We invite you to taste our Rich Heritage in the bountiful garden!
All dishes are home made – Much of our greens and salads are grown in the garden

Meat Plate \$ 10 – 3 choices \$8 – 2 choices of meat Vegetarian Plate \$7
Home made pies \$2 per slice
Sorrel & Herb Drinks \$2 Herbal drinks
Fresh Fruit smoothies \$3
Roast corn \$2 Sage Sausages \$2 Chicken foot Souse \$3 bowl

* Southern BBQ galore * Wild Meat * Live Blues music * Live Farm animals
* Historic garden * Seasoned gardeners