African Alliance Of
Rhode Island
2021 Annual Report Card

807 Broad Street,
Providence, RI.
THE YEAR IN REVIEW:

- Welcoming New Visitors
- Greenhouse Production
- Okra Project 2021
- African Food & Culture Series

- Pop-up Farmers Markets
- Bami Bucks
- 16th Annual African Health Summit
- Boston Local Food Festival
We partnered with Rhode Island School of Design’s Architecture Department for a year-long project. Student and teacher volunteers and community volunteers helped construct a greenhouse, high tunnel, and storage shed with materials sourced from Nifty Hoops based in Michigan. The project, completed in September 2020, will advance operations at Bami Farm.
It took volunteers 3 days to build the greenhouse & high tunnel.
RISD & AARI African Food and Culture Series

The Rhode Island School of Design in collaboration with AARI, RISD Dining Services, and the Interior Architecture Department led by Elizabeth Debs, hosted a series centered around African food and culture, split into three events. RISD Dining served meals centered around African dishes including, Kenyan collard greens, garden egg, and Ghanian stew with produce provided by AARI.

African Food + Culture Series

Recipes

Akara

Ingredients
- 2 cups Black-eyed peas, drained
- 1 Onion, finely chopped
- 1/2 bell pepper, finely chopped
- 1/2 teaspoon Ginger, minced
- Cayenne pepper, as required
- 1 cup Peanuts or Vegetable oil, as required

Directions
Clean the black-eyed peas in running water. Soak them in water for at least a few hours or overnight. After soaking them, rub them together between your hands to remove the skins. Rinse to wash away the skins and any other debris. Drain them in a colander. Crush, grind, or mash the black-eyed peas into a thick paste. Add enough water to form a smooth, thick paste of a batter that will cling to a spoon. Add all other ingredients (except oil). Some people allow the batter to stand for a few hours overnight in the refrigerator. Strengthen the batter with 1/2 teaspoon of flour. Heat oil in a deep skillet. Beat the batter with a wire whisk or wooden spoon for a few minutes. Make fritters by scooping up a spoonful of batter and using another spoon to quickly push it into the hot oil. Deep fry the fritters until the are golden brown. Turn them frequently while frying. If the fritters fall apart in the oil, stir in a teaspoon of cornmeal or crushed bread crumbs. Serve with an African Hot Sauce or salt, as a snack, an appetizer, or a side dish. Variation: Add a half cup of finely chopped leftover cooked meat to the batter before frying; or add a similar amount of dried shrimp or prawns.

Kelewele

Kelewele is a popular Ghanaian snack typically sold by street vendors, often by night. It is usually eaten with rice and stew or peanuts.

Ingredients
- 4 peeled plantains
- 2 onions
- 2 fresh red peppers or 4 fresh chili peppers
- 2 thinly sliced fresh ginger root
- Salt to taste
- Vegetable oil
- Roasted peanuts (optional)

Directions
1. Chop onion, peppers, and ginger root.
2. Blend together and add water until desired consistency is reached.
3. Add a little water to lighten consistency as desired.
4. Add salt to taste and set aside.
5. Peel and cut plantains into circular pieces.
6. Marinate cut plantains in blended mixture for about 2 hrs.
7. Deep fry marinated plantains in vegetable oil until golden brown.
8. Serve Kelewele spicy plantains with roasted peanuts.
Community Conversation:
The final event was a zoom conference discussing sourcing the garden egg, African immigrants, and urban agriculture in Rhode Island. A short film was presented introducing Bami Farm, followed by a panel discussion, and a presentation of the RISD architecture studio.

**Quotes from the Discussion:**

“In many cultures, sharing food is the ultimate welcome and invitation. By learning about food we are offered an opportunity to consider what may be familiar in an otherwise new setting. Through this qualitative experience that appeals to our senses rather than our intellect, we can start to understand another person’s or culture’s narrative and begin to develop empathy with them.” - Elizabeth Debs

“Farming has become a therapy [for the farmers], a thing to do, a place to go, feel useful to the family, make some money to support them, and most importantly- get to eat what they grow, and that goes a long way.” - Julius Kolawole

“For your personal and mental being, it really helps to have food to connect you to something you may not have physical contact with... While I couldn’t hug my mom or my grandmother, I could feel them with me whenever I made the food I grew up with.” - Lauren Campbell
With greenhouses on our farm we are able to extend our farming season. We can start seeds earlier in the year, and continue growing crops into the fall season.

Without access to electricity to heat the greenhouse, we built a small greenhouse within the large one to contain more heat. This allowed us to start plenty of seeds including kale, peppers, okra, and lettuce.
In June, we received a donation from the XERCES Society of 1,100 pollinator plant seedlings. This project, promoting the northeast monarch habitat development, helps not only to support pollinators with food and nutrients, it also helps the farmers by producing larger and more nutritious fruits, with higher yields.

These seedlings were planted with the help of volunteers from Hartford, CT, Providence, RI, and West Greenwich, RI.
Members of the Youth Agricultural Science Program. In partnership with Home City Housing and NOFA Massachusetts, our guests traveled from Springfield, Massachusetts to visit us and learn more about the work that we do. Visiting the community garden at Prairie Ave, they caught a glimpse of the urban farming we encourage the people of the community to participate in.
Youth Agricultural Science Program enjoying lunch at the farm.
Members of the Food and Land Cadre visited from Boston & came to Bami Farm and Farm Fresh RI’s Farmers Market.
PRAIRIE AVE COMMUNITY GARDEN

Then in 2015...

Grand Opening of Prairie Ave community garden in Providence.

Now in 2021...

Arthur Johnson harvesting watermelon from his raised bed

Participants in the ongoing Grow Your Own Food Project. A new member has joined the garden.
Our mission for the Pop-Up Farmers Market is to bring locally grown food to underserved communities. For each location, we partnered with 2 local community members as we wanted to ensure community residents were involved.

In our fourth year hosting these farmers markets, we are able to foster healthier communities, introduce traditional African crops, expand the state’s food economy, & promote cultural exchange & appreciation.

At the markets, customers may use a variety of ways to purchase: cash, credit/debit card, SNAP (EBT), and WIC. We distributed over 200 ‘Bami Bucks’. These were $5 coupons that not only supported healthy eating and local food, but the immigrant farmers as well by increasing their profit.

We had various community partners at these markets including Providence Community Health Centers and Urban Ventures. We also had live music and other cultural events.
Pop-up Farmers Market Committee:


Each week the committee met virtually to discuss upcoming markets. Any questions or concerns were addressed to ensure a successful pop-up farmers market.

Bami Bucks were exclusively distributed at our Pop-Up Farmers Markets. Thanks to contributions by Haymarket, these coupons allowed increased access to healthy food for the community and the funds went directly to the farmers.
Indigo (left) reading childrens’ books at one of the pop-up farmers markets. Adriana (right) decided to join in and read a book in Spanish.
Our pop-up Farmers markets offered free COVID-19 Vaccine & Test Clinics for the community
Pop-up Farmers Market at Elmwood/Reservoir Ave

Pop-up Farmers Market at St. Patrick’s Church.

LT Governor Sabrina Matos with Farmer Garmi at DaVinci Center Pop-up Market.
AARI invited our Brown University interns to our Pop-up Farmers Market at Urban Greens Co-op. Here they are speaking with invited guests Councilwoman Mary Kay Harris (right) and Councilwoman Rachel Miller (left).

Some of the fresh local produce available at the pop-up farmers markets
This year, we continued with our okra project. In June, Brown University Professor Dawn King’s students experimented on how to use okra more creatively. This included trials of various value-added products, and print-making. First started in 2015, the goal of these trials is to provide more ways to consume this nutritious vegetable.

<table>
<thead>
<tr>
<th>Nutritional contents of okra.</th>
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<tbody>
<tr>
<td><strong>Calories</strong></td>
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<tr>
<td><strong>Total fat</strong></td>
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<tr>
<td><strong>Carbohydrate</strong></td>
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<td><strong>Fiber</strong></td>
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<td><strong>Sodium</strong></td>
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<td><strong>Vitamin C</strong></td>
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<td><strong>Thiamin</strong></td>
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<td><strong>Vitamin B6</strong></td>
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<td><strong>Folate</strong></td>
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<tr>
<td><strong>Vitamin A</strong></td>
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<td><strong>Vitamin K</strong></td>
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Source: Derived from USDA nutrition database.

**Health Benefits of Okra**
- Reduces the risk of cancer, stroke, diabetes, & other serious health conditions
- Helps to control blood pressure
- Offers prenatal support
- Low calorie

T-shirt designed with prints made of okra.
With trial and error, we recognized that roasting seeds and dehydrating flowers was not economically viable as too much is needed to make a small amount of product. We intended to make tea with the flowers and coffee grounds with the seeds. Pickled okra turned out to be quite the success. Harvest Kitchen pickled the okra we provided to them. After being taste tested by different segments of the population, the recipe is now being examined to be food safety approved & we can introduce it to the farmers market.
Governor Daniel McKee having a discussion with one of our farmers, Garmi Mawolo, & sporting an AARI t-shirt at our pop-up farmers market at the DaVinci Center.

Last pop-up farmers market of the season. Arthur and Julius with guests.
Farmer Marie welcomes Congressman Jim Langevin on his visit to the farm.

Pictured from left to right: Tomas Avila, Congressman Langevin, Pastor Chris Abhulime, Marie, Julius Kolawole
In September, volunteers came by Bami Farm to help us strip paint and put up fences around the farm.
16th Annual African Alliance of Rhode Island Health Summit

Series one: Voices of the African Community

AFRICAN ALLIANCE OF RI
16TH ANNUAL HEALTH SUMMIT

VOICES OF THE AFRICAN COMMUNITY

This panel discussion brings together individuals from several African countries to reflect on the challenges of the Coronavirus pandemic on their lives.

THEME: RESILIENCE, STRENGTH, MAINTENANCE

August 19, 2021
6-7:30PM
ZOOM

807 Broad St, Providence, RI 02907
Phone: 401-331-5535
Boston Local Food Festival
September 19, 2021

Left: Arthur Johnson, Middle: Charles Green, Right: Bernard Miller.
After 2 years, AARI finally returns to Boston’s Local Food Festival. Bernard is handing out samples of muffins, bread, and cookies all made with AARI’s Carrot Apple Jam.

We sold out on almost all our fresh produce and value-added products. Many people stopped by our booth and learned about our mission to build healthier communities.
**Recipe For Vegan Carrot Apple Jam Muffins**

1 ½ cup all purpose flour ◊ ½ cup white sugar ◊ 2 tsp baking powder ◊ 1 ½ tsp cinnamon ◊ ½ tsp salt ◊ ¼ tsp nutmeg ◊ ½ cup almond milk ◊ ½ cup canola/vegetable oil ◊ 1 tbsp lemon juice/apple cider vinegar ◊ 2 tsp vanilla extract ◊ ½ cup carrot apple jam

Preheat the oven to 400 degrees ◊ Mix dry ingredients together in one bowl ◊ In another bowl, mix milk, lemon juice, and vanilla extract ◊ Add wet ingredients to dry ingredients, and add oil to jam ◊ Mix together all ingredients, bake for 18-20 minutes. Enjoy!  

*Recipe by: Jennifer Hernandez-Pina*

A customer from the farmers market got creative and used carrot apple jam as a condiment.
In May, the African Immigrant Health Collaborative hosted an event in Providence for the photovoice project they have been working on since the beginning of the pandemic. The series looks into the challenges that African immigrant communities in six New England states have faced due to COVID-19. Below, they are collecting data from Rhode Island based African immigrants.
The second series of the health summit was a town hall discussing the process of the data collection, and recommendations they gathered from the research.
“Many African immigrants used traditional medicine during the pandemic... maybe there is a need to identify traditional practices being used to deal with COVID-19 and study further its potential benefits.” - Inza Ouattara

“Working closely with the groups that were involved in this project, we found that informally this group said as a way for them to meet, gather, meet new friends, participants reported being happy to have this avenue to connect with people in the community.” - Agatha O. Adigwe
**“Sauti”**

African immigrants have been uniquely affected by the coronavirus crisis. There is a need for researchers, health care providers and the health care system to understand their experiences and develop culturally and linguistically appropriate interventions. Sauti was conducted to document the challenges that African immigrants in New England are facing related to COVID-19. We also captured ways they are coping and being supported through their challenges during the COVID-19 pandemic.

We engaged 103 African immigrants from across the New England region in sharing their experiences using photovoice, a participatory research method that asks individuals to represent their lives, points of view, and experiences using photos and narratives. The visual images and accompanying stories are the tools used to promote action and change.

In each state, participants gathered photostories. Through a participatory data analysis process with participants and regional partners, 9 themes (34 photostories) were identified highlighting challenges African immigrants face during the pandemic across New England, and 7 themes (24 photostories) were defined focusing on strategies participants used to cope with the pandemic.

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**The Impact of COVID-19 on African Immigrants Living in New England Project**

<table>
<thead>
<tr>
<th>Project Rationale</th>
<th>Greater risk of both acquiring coronavirus and experiencing severe symptoms or death related to COVID-19</th>
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<tbody>
<tr>
<td></td>
<td>Work in high-contact jobs, which carry higher risk of exposure.</td>
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<td></td>
<td>Information on COVID-19 is not culturally and linguistically appropriate</td>
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<td></td>
<td>Fears related to immigration status</td>
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<td></td>
<td>Mental health challenges due to an inability to adjust or restrictions that prevent them from cultural and religious practices.</td>
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</table>
The Church

Once a place of celebration and reconciliation with God and mankind. Now a place where the peace sign is shared by a wave of a hand at least 6 feet apart.

Late News. I rely on Public Transportation

One day without any notice the buses stopped running. I waited for the bus for two hours. My English proficiency is limited, and it took me a couple of days to understand the new condensed schedule.

My COVID-19 testing experience

It’s been the worst thing ever I have experienced. I have chronic shortness of breath which got worse during COVID and I had to do more than 17 tests each time I go to the hospital or I have a procedure either in my car or in the ER. Sickness during Covid19.

New Haven Green

In this picture you can see here at New Haven green, it’s beautiful place where people liked to gathering and partying with full of joy before the COVID-19 but now it’s empty because many people cannot be together in one place, they’re must apply the 6 ft of social distance, which is hard for us too.

Struggles of parents

Kids are studying home while some parents are struggling to work from home with the kids causing distraction. They also distract us parents from our job search.

Having no money is hard

This tells us that money has been hard to get. I lost my job in March when everything and everywhere got shut down and I am still searching for a job till today.
The Planting a Partnership Project with AARI & Brown University highlights the interconnectedness of food across cultures.

"Planting a Partnership" - AARI & Brown University

Callaloo includes many varieties of the Amaranth plant. The seeds are healthy grains and the green leaves can be cooked in many ways. Sometimes other plants, like taro, are cooked in the same way and are then referred to as callaloo. Callaloo goes by many names, but is found all over—a global food for a global world.

Ways to Eat Callaloo
1) steamed, with tomatoes, coconut milk, hot peppers, onions, and roast fish on rice (Caribbean style)
2) cooked with ginger, garlic, garam masala, coriander, and cumin (Indian saag)

Different types of amaranth plants native to Africa, Brazil, and east Asia are commonly grown in the Caribbean. Tracing around the Atlantic for the last 500 years, especially during slavery, brought African recipes and plants to the West Indies. But people living in the Southwest US and Mexico—including the Aztecs—had been growing the plant for millennia. Everybody has kept it around—it has as much protein as spinach, but is easier to grow. Today, amaranth grows as a crop and a wild plant in more than 100 countries.

Nutrition Facts: (one cup boiled leaves)

- Calories: 27.7
- Sugars: 0 g
- Fats: 0.2 g
- Carbohydrates: 5.4 g
- Proteins: 2.8 g
- Calcium: 27.6 mg
- Potassium: 846 mg
- Vitamin A: 365.6 IU
- Vitamin C: 54.3 mg

AARI - 12th African Health Summit | 2017
Armory Farmers Market at Dexter Park in Providence

Tomatoes, corn, squash, peppers, bitterball, garden eggs, beans, and various greens showcase the beautiful bounty at the season's end.

Farmer Solange (right) & Seraphina (left)
2021 REPORT CARD

The text update initiative launched in September. Anyone can receive automatic updates from AARI straight to their cellphone.

AARI participated in the Civic Engagement Fair held at Rhode Island College. We were able to reach out to potential volunteers and educate students about our organization.

Chanel Osorio joins AARI

Welcome!
Crops we grew in the high tunnel...
LOCAL FARMER HARVESTING SWEET POTATO GREENS

AN AUTUMN DAY AT THE FARM
In October, we held a meeting with the farmers to discuss their growing season and any questions or concerns they might have had this past year.

After expressing their gratitude to Julius, John, and Garmi, some concerns that came up were pests and irrigation problems. Aside from those issues, everyone had a good year. They are interested in learning more about greenhouse production and look forward to extending their growing season next year.
**Garmi Mawolo**

What was your year like? What did you grow?

GM: Good. Too much to list... bitterball, sweet potato, peppers...

What change would you like to see in the future?

GM: No changes

Which farmers market turned out to be the most profitable for you?

GM: Armory Market.

Garmi (right) having a light moment at the pop-up farmers market. Since working at the farm, she has grown into the role of the leader. She communicates any questions or concerns the farmers may have about production to Julius. The farmers look to her for direction and she provides it.
What was your year like?

M: The year was good. Just the animals have been eating everything.

What change would you like to see in the future?

M: I would like to start using an organic insecticide, neem oil.

Which farmers market turned out to be the most profitable for you?

M: St. Patrick’s Church was definitely the best.

Translator: Isabel Kayembe
Interview with Priscilla Cintron

Working as the Resident Liaison at Providence Housing Authority, Priscilla facilitates the various community gardens hosted by AARI.

Chanel Osorio: How did the past year go, especially with COVID-19?

PC: With COVID restrictions and guidelines, it went smoother than expected. The gardening group was able to maintain their distance from each other and used gloves that were essential for working in the garden, but at the same time helpful in preventing skin to skin contact when walking past each other or talking.

CO: How was the participation of the growers this year? Were they satisfied?

PC: We had two community gardens growing at the same time. The first one at Chad Brown already had a steady crew of people who have worked together in the past. It was easier to encourage their participation because they understood from experience what needs to get done. The endurance of going to the garden to water, check on the plants (for plagues and diseases) requires discipline and more importantly the patience needed to finally see the “fruits of our labor.” With the second garden at Codding Court, the level of involvement was different. The group of people who signed up were new to gardening and to working with each other overall. Taking turns to water and check the gardens on a regular basis proved to be too much for some. And the patience of not seeing their plants yield vegetables/herbs fast enough discouraged them. Few persevered and were able to harvest what was planted.

CO: Any improvements in mind for the year to come?

PC: I have many improvements in mind for the next year. I would try to get more people involved for each garden, in addition, try to engage teens and youth to join if possible. Definitely start earlier in the season to garden. We had a late start this year. More importantly, search for plants that yield produce more culturally consumed such as Culantro (from the cilantro family) and other ingredients used in sofrito (a sauce base for many Hispanic recipes) and more.
16th Annual African Alliance of Rhode Island
Health Summit Series Three: Epilepsy Awareness

In Partnership with Epilepsy Foundation New England Presents:

Epilepsy Awareness:
Thursday Nov. 11, 2021@ 6:00pm

Presenters:
Kristine Binette B.S. in Education
Program and Services Specialist, EFNE
Feldini M. Augustin BS, Chaplin
Resource Room Coordinator, EFNE
Mary Crowell BS, MA in Education
Education Liaison, EFNE

Join Zoom Meeting
https://us02web.zoom.us/j/86715418208
“I have been volunteering with AARI for several years now. As a volunteer, I wanted to share my knowledge of small farm operations and help move Bami Farm towards being a successful farming operation. I have enjoyed learning about the African vegetables and how to cultivate them.

I feel that there is an economic impact for the participating farmers. Each year the yields are improving and giving evidence that these farming operations are meeting with increasing success. Outside the immediate community, the farm products are being introduced to the general public through participation in local farmers markets.”
I choose to volunteer with the African Alliance of Rhode Island because of its loyalty to the community and the people in it. AARI has taught me so many different things about food, about food distribution. AARI has also taught me that my community is a food desert and explained to me what a food desert is. Prior to AARI, I had no knowledge of food, good or bad. I can say now I am knowledgeable, I can plant my own food, if a crisis were to hit America I will be able to survive with the knowledge that I gained from AARI.

AARI is making a significant impact on communities of color. Our communities are filled with fried foods, sugar, and fast food everywhere. If you want good food then it’s a food desert, but if you want grease and donuts and things like that then it’s a food oasis. AARI has community gardens, pop-up farmers markets, Bami Farm, fish distribution, knowledge of where food comes from so the people will not be lost. People are being saved just from the knowledge they receive from the African Alliance. The executive director of the African Alliance has taught it is now my duty to teach others.
“There is much need for help and many great places to support, however I feel blessed to have found AARI. From the "Welcome to Our Village" that was on the website, to the first correspondence with Julius and subsequent meeting at the farm, I felt welcomed. As I worked with Julius, John, and Arthur on the first day at the farm, helping plant and teach the young guest- it was a natural fit. I am able to use a variety of my experiences and background to help in a way that is fulfilling. Seeing the farmers working that land the first day was moving. The courage, resilience, and strength that I witnessed was inspiring and I have not seen it anywhere else. I want to help the vision thrive and grow so there is something sustainable for them. That keeps me coming back.

I have not been with the organization that long and only worked within the farming setting, however can see AARI having a bright future and the potential to create a lot of positive change in RI and beyond. We have food available in America, yet we are completely absent of African vegetables and dishes in the mainstream of our diet. We also greatly lack conscious, emotional connection to our food. That has been one of the biggest take away from working with Julius. In addition to bringing all sorts of new flavors to the American pallet, there is a way of eating and emotionally connecting that we desperately need to reconnect with. Food is about quality, how it’s grown and cared for, and it’s also about how you allow it to nourish you, physically and emotionally. I believe AARI can rekindle that.”
JEFFREY MATTEIS & ANA GONZALES

Pop-up Farmers Market Committee:
Ron Crosson, Marlin Rosales, Joe Casoli, Pat Reaves, Karen Zuniga, Althea Graves

African Health Summit Volunteers:
Adriana Vargas, Norma Hardy, Aneesha Cameron, Willie Borkai, Temi Sonubi

Marc Mahoney & Jerilyn Spazian of the RI Hiking Trail Club for their assistance

Betty Simmons - one of AARI’s greatest supporters
A Special Thanks To...

Our Funders

Catherine Hamlett of Portland, Oregon
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Rick Devin LTD. At Hope Valley, Pawtucket, Rhode Island
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Growing Healthier Together

IMPROVING THE LIVES OF AFRICAN PEOPLE IN RHODE ISLAND

Links:

https://africanallianceri.org
https://aari-shop.square.site/s/order
https://africanimmigranthealth.org
Overview: This long-term study (2005-2025) uses ethnographic fieldwork methods to examine the health and well-being of the 45,000 African immigrants living in Rhode Island. The concept of social determinants of health refers to the many elements that impact a person's health and well-being including: 1) economic stability (employment, debt, medical bills, and support); 2) neighborhood and physical environment (housing, transportation, safety, food deserts, and walkability); 3) education (literacy, language, access to schools); 4) food insecurity (hunger and healthy food options); 5) community and social context (social integration, support systems, discrimination); and 6) health care systems (health coverage, cultural competency of provider, quality of care). This study documents the social determinants of health of African immigrants and analyzes the impact of solutions created within local communities to solve these problems. A few of these problems/solutions are presented here.

Problem 1: Community Gardens: In response to food insecurity and the desire to have food from their home country, many immigrants turned to farming and gardening in Rhode Island. This has led to an increase in local networks of support where farmers and gardeners sell produce at farmer’s markets and deliver to families in need.

Solution 1: Community Gardens: To respond to community concerns, local organizations created meetings to listen to people’s thoughts on employment and safety. From these meetings, local leaders formed groups of the state legislature to create changes in employment and urban safety. They have also developed solutions, such as creating healthy-owned businesses and a credit union, to further empower local communities.

Solution 2: Youth Programs: Given the educational challenges encountered by African immigrants in Rhode Island, many organizations formed to provide educational and youth-focused programs to immigrant families. Recognizing that children often navigate two social worlds, African and American cultural systems, these programs developed to foster a means to learn both ways of seeing and interacting with the world. This has included after school programs where young people gather to learn about African forms of knowledge and American-based educational systems. It has also meant relying on older immigrants who lived in Rhode Island for many years to teach young people about local and cultural issues.

Solution 3: Sports as Social Gatherings: Many sports teams have formed to provide an outlet for people, both young and old, to gather and play. Often the costs of sporting equipment is out of reach of many families, and local organizations help provide resources to players and their teams.

Problem 2: Unemployment and Safety: While many African immigrants find work when they arrive in Rhode Island, most jobs offer very poor employment, do not provide benefits, and place workers in people conditions. Long hours, low wages, and often challenging working conditions create problems in balancing a sense of economic stability. In addition, many immigrants endure safety problems as they live in unsafe neighborhoods or encounter discrimination by those charged with ensuring public safety.

Solution 3: Community Safety: To respond to community concerns, local organizations created meetings to listen to people’s thoughts on employment and safety. From these meetings, local leaders formed groups of the state legislature to create changes in employment and urban safety. They have also developed solutions, such as creating healthy-owned businesses and a credit union, to further empower local communities.

Solution 2: Traditional Medicines: Many immigrants are also pushing for an acknowledgement of the many traditional forms of medicine that assist in local health.
New merchandise available for purchase including t-shirts, mugs, and Value-Added Products.

Pickled garden egg and bitterball relish