

Resistance Garden: Cultivating Abundance



New Moon



New Moon. New Beginnings.

A time for planting tender dreams we wish to grow. In the Resistance Garden, we know that sharing our abundance strengthens our community.

The Resistance Garden Project grows from our desire to critically examine and redefine our relationships with nature, farming, food politics, and the histories of vegetable and herb cultivation across different cultures. Here, these themes meet through art. The Bride is committed to exciting and inclusive collaborations with organizations already cultivating resistance work.

Many of our resistance partners are in ongoing struggles to secure their community land. Partners meet monthly to support each other in achieving land sovereignty. They are determined to continue to provide land for community gathering, youth empowerment programs, local green space, and growing nutritious food. We hope that this is the beginning of a long and fruitful collaboration.

We hope that the Resistance Garden project can connect you with your local gardens, farms, and foragers, as well as with your own backyard! You are holding the first of a series of four zines – each will feature creative and educational content from local artists and our Resistance Garden partners. Keep an eye out, too, for artistic residencies, live performances, a map, walking tour, and community dinners! Thank you for joining us for this new beginning.

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Painted Bride Program Committee



Partner Locations



Alicia Rink



Philly Forests



Truelove Seeds



One Art
Community Center



Norris Square
Neighborhood Project



Girls Justice League



Iglesias Garden



Lady Danni



Urban Creators/
Life Do Grow

Farming on Stolen Land

Currently, the most densely-forested neighborhoods in Philadelphia are in the wealthy West Mt. Airy, Chestnut Hill, and Roxborough, with canopy coverages as high as 86%. Neighborhoods in North & Southwest Philadelphia have a harrowing 3% average canopy coverage. The provision of trees, shrubs, vines, and all other green matter to the people that need it most is done in the spirit of resistance to perpetual white supremacy; redlining and racism have bled into the environment, displaying a nuanced form of colonization.

-Philly Forests

Having origins from Western Europe, herbs, shamanism and the mystical world are all things that run in my blood but have been persecuted and forgotten. As I heal, this has allowed me to create a practice where my intentions, healing services and foraging are done in a partnership. They teach me about balance, guide me to medicine and activate untapped potential. Having physical access to the land has been a normalized privilege that came with a cost. My connection to the mystical world, are both a result of and aid that healing.

-Alicia Rink

"I grew up in Delaware and my uncle Bill Daisey was the Chief of the Nanticoke tribe (often forgotten, but a sister tribe to the Lenni Lenape) I affirm the aspiration of the great Lenape Chief Tamanend, that there be harmony between the indigenous people of this land and the descendants of the immigrants to this land, "as long as the rivers and creeks flow, and the sun, moon, and stars shine."

-Lady Danni

At Life Do Grow Farm, we are honored to continue stewarding Land that was once loved by the hands of the Lenni-Lenape people of this region. We recognize that their culture and impact is still thriving to this day, and hold immense gratitude for the path they've paved for us to be here today. As we move forward, we hold stewardship and care for the land and community over profit and ownership as we navigate political discourses of preservation and conversation in the face of development and gentrification.

-Urban Creators/Life Do Grow

At Truelove Seeds, we aim to do our part in rematriating Indigenous seed varieties that have come into our care by returning them to their original tribal communities, farmers, growers, and individuals, free of charge. If you are Lenape and are interested in receiving Lenape seeds, please reach out to us at info@trueloveseeds.com. We grow several varieties of Lenape seeds on our farm to sustain their livelihood, bolster ample genetically diverse populations, and breathe life into heirlooms that have become threatened under colonialism. We send 25% of our sales of Lenape seed varieties and of one Wampanoag variety (King Philip Corn) to several food sovereignty projects in their respective communities in New Jersey and Massachusetts.

-Truelove Seeds





Seeds are the source. Seeds are food, seeds are medicine, seeds are origin. Seeds are life. When we begin to save our own seeds, we are taking part in growing practices the way most of our ancestors likely did for thousands of years. For hundreds of generations, seeds were sown, grown and saved by farmers, free to share, trade and select as we wished. Today, four corporations control more than 50% of the world's seeds. When we learn to save seeds, we actively resist corporate domination of the world's food supply. Without seed sovereignty, there is no food sovereignty.

At the start of the season, many sow their seeds in correlation with the lunar cycle. These practices move with the school of thought that the lunar cycle draws and rescinds moisture and water levels in the earth, as it does with the tides. By planting along with the moon phases, this age-old practice speculates that seedlings and their root systems will be healthier, more robust and productive. Plant growth is also influenced by geotropism, or the plant's response to gravity. As the moon orbits us, its gravitational pull tugs on the earth - contributing to tides in the ocean, some fresh bodies of water, and even the earth's crust itself. Under the new and waxing moon, we plant seeds for all crops whose aerial parts (leaves, flowers) we harvest. It is thought that as the moon's face reemerges, more water is pulled towards the soil surface. As the moonlight increases night by night, seedlings are encouraged to put energy into growing leaves and stems.



Truelove Seeds is a farm-based seed company offering culturally important and open pollinated vegetable, herb, and flower seeds. Our seeds are grown by more than 50 small-scale urban and rural farmers committed to community food sovereignty, cultural preservation, and sustainable agriculture. We share our profits directly with our growers: 50% of each packet sale goes back to the farmer who grew it!



New Moon, New beginnings, New cycle

as the ancient hands of Grandmother Moon's clock orbits around the Earth and Earth hands orbit the Sun.

Time for rest as New Moon nestles between the Sun and Earth. New Moon is dark. She is mysterious, wet, fertile, welcoming seeds to be sown. When planting, be intentional with what you sow. For Earth nourishes the seeds planted and you reap what you sow. In darkness, time for the deep internal work, as Moon wears her mystic shadow veil. Intention takes root, the hands of Moon continue in ancient melody around Earth and Earth continues around Sun. Grandmother Moon, primordial time keeper. Creation moves in alignment with these biological clocks. Divine timing for living systems.



Circadian Rhythms in Ecosystems. Creation moves in community with each other in this sacred dance.

Each member, each element with their different rhythms and gifts. Interconnected as One. Every element in this ecosystem affects every other element. We are all connected. Community is an Ecosystem. Each member is unique and essential. Together each one must work in balance. Being that delicate balance even in turbulent times. Finding balance in Rest and Resistance. Finding balance in building new systems while dismantling colonizing ones. Often a challenging struggle to find a balance in such oppressive systems. New Moon reminds us that rest is a vital part of the cycle. This self-care is an act of resistance. Giving ourselves time to ground like the seeds we plant. Time to root and make deep connection with ourselves and Earth. When these roots are intertwined with others and our ecosystems interconnect, we are unstoppable. The people united will never be defeated!

In this New Moon let us find rest as the seeds find rest within Mama Earth. Let us sow seeds of unity as we Resist the oppressive systems that threaten our community ecosystems. Collectively we are creating what our ancestors dreamed of. Creating together as One.

One Love from
One Art



One Art Community Center is a creative space and programming for healing, environmental sustainability, collaboration, and growth through arts, education, and culture.



Health When we think about health, as it pertains to growing and consuming food, the first thought should be about the health of our Earth. It is not just a resource that we can use and take from whenever we please, but we must understand the Earth as a source of all life and sustenance. It must be cherished as such. When we grow, we must think about the soil, and its health, and how we prioritize this in order to receive nourishing produce. This looks like planting cover crop before seedlings so the soil has extra coverage and nutrients. This looks like mulching our beds through seasonal transitions, to provide assistance in decomposition, and better drainage for the soil. This looks like adding compost as a natural fertilizer in our garden beds, to recycle the nutrients from food scraps back into nourishing produce. Prioritizing the Land's health is one of the ways we can work to ensure the food we receive in the end is nourishing.

Wellness Interdependence in community makes us stronger. Reflecting on wellness, it is a collective goal that encompasses spirituality, environment, sustenance. The changes we want to see in the world don't have to be accomplished by one person or one organization alone. Putting wellness first in our lives and communities makes it so that we don't pour into the world from an empty cup, and can constantly re-evaluate our capacity to take on new loads. Connection to our ancestors, and histories that guide us through the presence allow us to hold intention in every step forward that we take. Taking time for ourselves in nature and sunshine allows, we can take deeper breaths and release and pressures constructed from society and narrow in on what matters to us and our community members most.



The Urban Creators is a platform for radical and collaborative imagination. Since 2010 we have used food, art, and education as tools to nurture resilience and self-determination in our neighborhood. Now, we are supporting the emergence of a new generation of Urban Creators, organizers, artists, growers, and local businesses who are working to build equity and collective liberation in our communities.



Dandelion - Fun Facts

The dandelion is easily identifiable and visible nearly year round, but did you know these facts about dandelions?

1. ARE YOU LION?

It's believed the name dandelion comes from the French "Dente de lion", or "lion's tooth" a reference to the jagged tooth like pattern of the leaves.

2. FOLLOW THE SUN

Dandelions open in the day, with the sun. On cloudy days, they may not open at all. Once the flower is mature, it will remain closed until it opens as a head of seeds, with the white fluff acting as a parachute to help disperse the seed and ensure reproduction. So when you blow on the seed head and make a wish, you're helping to spread the next generation.

3. EAT ME/DRINK ME!

Dandelions are both edible and potable. Young leaves can be eaten in salads or cooked as a green vegetable. Older leaves can be slightly bitter, so either change the water when boiling them, or add vinegar or lemon, as sour tastes help to counteract the bitterness. They leaves can also be used to make tea and the root can be roasted and used as a coffee replacement.



4. OUI, WEE!

Dandelions contain vitamins A,C, K, E calcium and potassium. Because they help remove fluid from the body, they can lower inflammation and blood pressure. But the body removes that fluid via urine, so be careful. In France they're often called 'Pis en lit' as the belief is if you consume too much you'll wee the bed.

5. FLOWERPOWER

The blooms from dandelions can be made into wine, or if you remove the yellow petals from the sepals (the green bit underneath is bitter) they can be sprinkled over salads, infused in vinegar. You can even dry them and infuse oil to use as a salve for it's pain relieving and antiinflammatory properties.

Whenever you are consuming foraged foods, the motto is "know and go slow". Make sure you have positively identified the plant and that you eat in moderation until you know how your body will react.

Lady Danni Morinich-Goodlady is a forager & crafter of herbals helping you reconnect with the healing power of nature.





Fertile Darkness

The presence of Her essence is felt

Not seen

In the pureness of the dark sky

Calling for something to be born

Amongst the shadow of Her sister Gaia

She sits in the fertile womb with nothing but an anticipation

Here the void provides a space of something not yet comprehended

But felt deep in the truth of the souls that exist

And are to be conceived

Patiently waiting

An expansion of awareness is born

Her natural magnetic nature captures at only what is willing

Providing an inspiration that is at the beginning of each foundation to be built

Each tear to be cried

And each note to be sung

It is here where mind and heart can meet

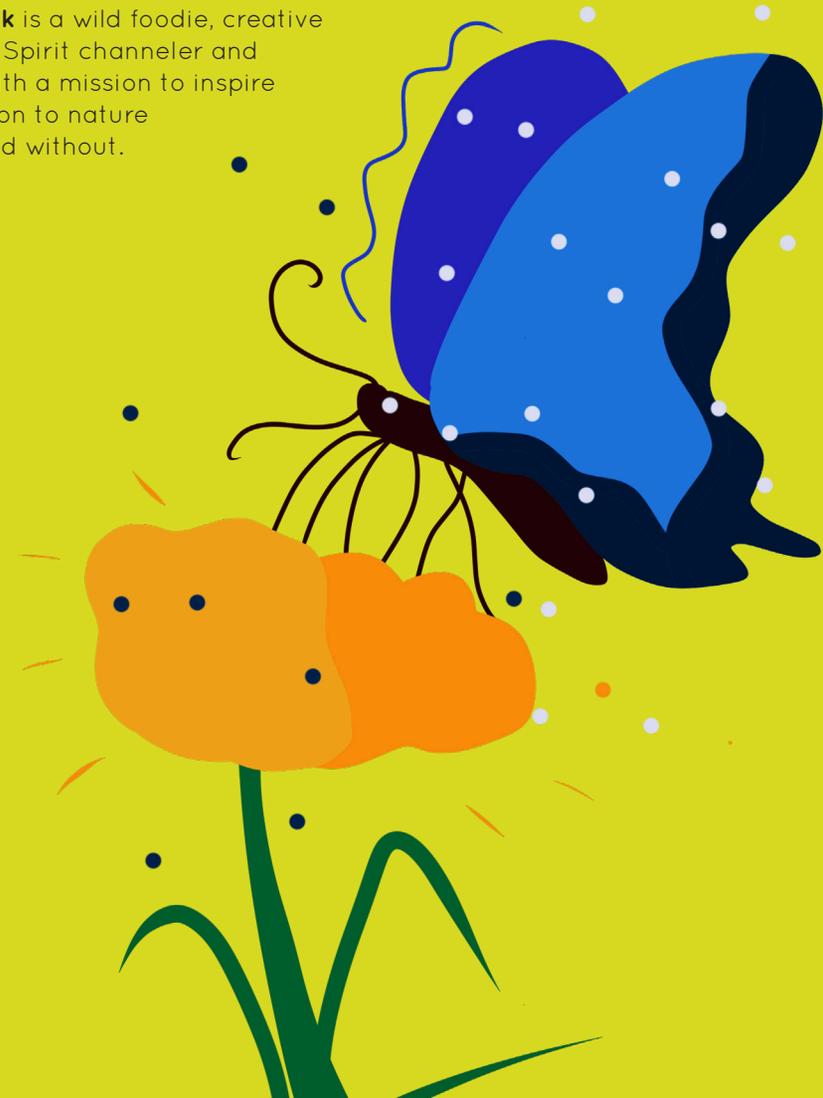
Where the thought of an undreamt dream

Is met with the magic of miracle

And the pure potential of anything is possible

New moon energy is seen as the fertile ground of planting. Metaphorically, this speaks to dreams, ideas and energies a person wants to call into their life. The conscious mind can often have a fixed idea of what that is and how that looks. Yet the heart has a knowing that exists beyond conditioned filters and programming, allowing for an expansion of that state of awareness. During this monthly phase, breathing into the heart space to ask what its needs and wants are, can give life to something so much more than you thought was practical.

Alicia Rink is a wild foodie, creative intuitive, Spirit channeler and healer with a mission to inspire connection to nature within and without.



For millennia, the existence of forests has been essential to human life. Foraged foods for wild nourishment, dense tree canopies for clean air, thick root systems for healthy soil, diverse plant species to nest diverse wildlife. Philadelphia was once covered in such a natural ecosystem, whose cyclical patterns sustained the lives of all beings therein.

We are building a movement to tailor the richness of the forest to our beautiful urban landscape using the seven main layers found in woodland ecosystems:

All layers combined offer shade to neighbors, homes to native birds, cooling to concrete jungles, food for humans and wildlife, habitats for pollinators, soil structure for efficient water travels, and so much more.

Philly Forests is a small farm in Northwest Philadelphia with a mission to diversify our local food system. We are a social enterprise that takes revenue from crop sales to enhance Philadelphia's ecosystem. We buy trees, shrubs, and perennial plants for free distribution to areas with the city's lowest tree-canopy.

1. An Overstory of Trees

2. An Understory of Trees

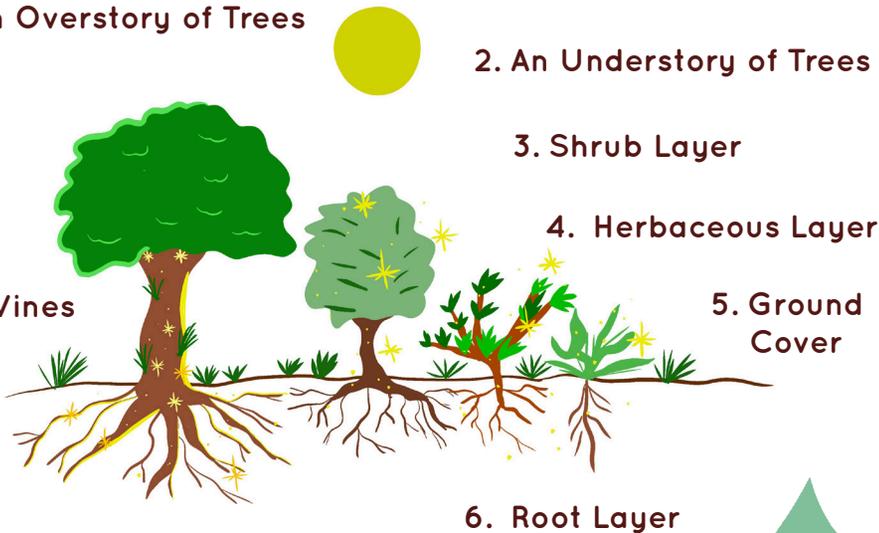
3. Shrub Layer

4. Herbaceous Layer

5. Ground Cover

6. Root Layer

7. Vines





On the voided night,
the rising of the new
moon, you should be
indoors before midnight,
but preferably by eight.
And if for some unholy
reason, you must enter your
house so late then you should
enter it backwards, with your back
facing the door so no spirit could walk
in unnoticed. This, according to my mum, is the
time for the darkest obeh, when graveyards are frequented by
those wishing to work their will unseen, collecting from or adding to
the consecrated grounds, an extra vigilance is necessary.

Passing by the little Jewish cemetery on Federal Street, and a long way from Trinidad, my mum's admonishments come rushing back. I can see the evidence of the night gone before – little patches where dirt has been siphoned and small new mounds where a bit of red or black cloth is peeking through. But it's the sign that really catches my eye, corrugated cardboard, black sharpie, "Please don't steal the dirt". A spell of their own, although by the looks of things, ineffective. And it makes me smile a little, to see this small reminder of home in South Philly. To recognize that there are those still in sync with our lunar rhythm, that keep the timing of when to ask and when to receive, when to conjure and when to release. And a note to myself, to walk backwards through the red door, facing the unseen, bidding it welcome, or not.

By Catherine Sui

The Girls Justice League (GJL)
is a girls' rights organization dedicated to
taking action for social, political, educational, and
economic justice with and for girls and young women.

Generation to Generation

Throughout many years I have learned very useful things from my parents, and my grandparents that were passed down from generation to generation, however if I were to talk about what stood out to me the most it would be my primary language. A form of communication, a style; a part of my culture that has been shared for many years. I want to make sure that I keep my language, Spanish, in my life and in the life of my future children or family. I want them to have a part of their culture no matter where they are living now. For me being a part of the Norris Square Neighborhood Project gardens allows me to connect with my roots, I'm able to communicate with some people that have a familiar background by our language, allowing me to grow and expand my understanding of my language, I'm able to see the different forms of how things are said but are still considered words in Spanish, can I be able to hear the words of people who may not be from the same place as me but I still consider them to be a part of my community. I have and will always consider Spanish a piece of my identity and will continue to try and expand my community using Spanish as a key, although not everyone has to speak the same language to be considered as a part of my culture, I will accept all of them with open arms too.

**Raíces de Cambio
Garden Apprentice,
Joselyn Taina Wyatt
Norris Square**



Norris Square Neighborhood Project is a unique organization that offers youth and community residents a safe space to explore culture and social-justice issues, create art, and develop their sustainable-agriculture skills.

Resistance is to fight against the forces that tell you that you are not connected to the earth. I am interested in the way that seeds tell us stories about where our ancestors walked because seeds have always been connected to humans. We follow the seeds to find our lineage, but what happens when land is stolen from you and fruit is bred to no longer have seeds?

I interviewed my grandparents to ask them about the seeds that have been meaningful to them in their lifetime and got two complete ends of the spectrum. From “Why are seeds so important?” To “Mija, our family has been taking care of seeds for generations”.

I think this is a common experience. My Mexican family that is from Southern Texas has been assimilated to rely on the convenience of packaged and processed foods. Our relationship to farming, cultivating food, and independence has been stripped away. My Mexican family that immigrated from Mexico more recently remembers farming land and having to leave that land. My paternal grandparents still care for roses and citrus trees in Southern California and although they dream of farming in Mexico, California is now their home.

This is just one story about seeds.
What are yours?

Amalia Colón-Nava
Farmer & Artist
Co-Member/Owner
Dirtbaby Farm



What are your memories of seeds?
Share your stories here...

A large, empty, white rectangular area with a decorative, wavy black border, intended for sharing stories.

When the spring turns from frozen to thaw, when the days stretch a little longer into the sun, when fresh leaves and baby seeds yawn awake after a slumber - who controls the land then? How can you possess the ephemeral? How do you own the transitioning of the seasons, the turning of time, the ebb and flow of rivers, the falling of leaves, the slow crawl of worms through soil?

But we live in a reality where the legal system declares private property the end-all be-all. What happened to the commons? Too many gardens and parks and community spaces in the city have been swallowed by wealth and developers, and built upon cheaply, without remorse, all in the name of capital.

Emiliano Zapata said, "La tierra es de quien la trabaja." The land is for those who work it. When we tend the land and dig the ground with our hands, we become a steward. Not only do we build relationships with the earth, but also with those we work alongside. We grow our connections, our strengths, we share our knowledge.

In the shadow of a faceless mess -
legalese, titles, and deeds,
we raise a shovel,
we plant a flower.
Boot to ground,
we pick a fruit
& share with a neighbor.
We knock on doors
and make a call.

No me voy. We are not leaving.

Cesar Andreu Iglesias Garden aims to preserve a space for the people. Through providing multigenerational activities for our community, creating harmony and balance with local ecosystems, and growing edible fruits and vegetables and plant medicine, we pay tribute to stolen land and develop a network of support for our future generations. The work of Iglesias Gardens builds and defends resilient communities.



What is Resistance?

Ecology encompasses the hearts of all humans in Philadelphia, valuing the diversity of people and homes enough to tailor gifts of the forest! Snowflake viburnums where an Oak might not fit, Cherokee Brave Dogwoods in front yards with street cables above, Forsythias and Raspberries outside a living room window for summertime shade and occasional snack. This new moon, let's embrace the qualities of the forest and give them to others in heart and in hand.

-Philly Forests

My contribution for this issue, is about the dandelion, and I think it's a great metaphor for resistance because they tend to pop up any and everywhere and refuse to go away. Even if you pull them up from the root or use pesticides, each seed has the ability to cling to something and be blown or carried away to start the next generation. Like us, it's mere existence is a symbol of resistance.

-Lady Danni

The word resistance to me means an opportunity to go within and question. Question what beliefs I have about a narrative. Question where did those beliefs come from and if that way of thinking is currently part of my truth. It allows for an expansion of something beyond a current way of thought and an opening up to a different reality.

-Alicia Rink

Resistance is writing and sharing our own narratives about what it looks like to have a harmonious relationship with the Earth and her Land. Resistance is a spirit of collaboration to achieve sustenance and ensure everyone has their needs met, rather than one of competition. Resistance is dismantling exploitative global food systems driven by racism and profit and rebuilding community-driven food systems that are localized, preserve cultural relevancy, and in harmonious relationship with the Earth.

-Urban Creators/Life Do Grow

Seed saving is a liberatory practice of food sovereignty, cultural preservation and resistance to erasure. Keeping SEEDS is an act of TRUELOVE for our ANCESTORS and our collective FUTURE!

-Truelove Seeds



About the Bride

Building on a 53-year legacy, the Painted Bride brings together artists, audiences and communities to push the boundaries of how we create and experience art. The Bride cultivates a welcoming environment for critical dialogue and playful exchange to transform lives and communities, and is committed to supporting artists and fostering diversity and inclusivity.

Currently, they are forging a bold new path, through dynamic community partnerships, that brings artists' work beyond the Bride's walls and into Philadelphia neighborhoods. This creative evolution allows the Bride to support powerful and provocative projects that explore adaptation, scale and reinvention.

Since its inception the Bride has supported over 25,000 artists, hosted over 5,000 events, commissioned over 100 new works, and facilitated artist and community workshops and educational programs.

Zine Team

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Truelove Seeds, One Art Community Center, Urban Creators, Norris Square Neighborhood Project, Girls Justice League, Philly Forests, Iglesias Garden, Alicia Rink and Lady Danni.

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VOLUME I