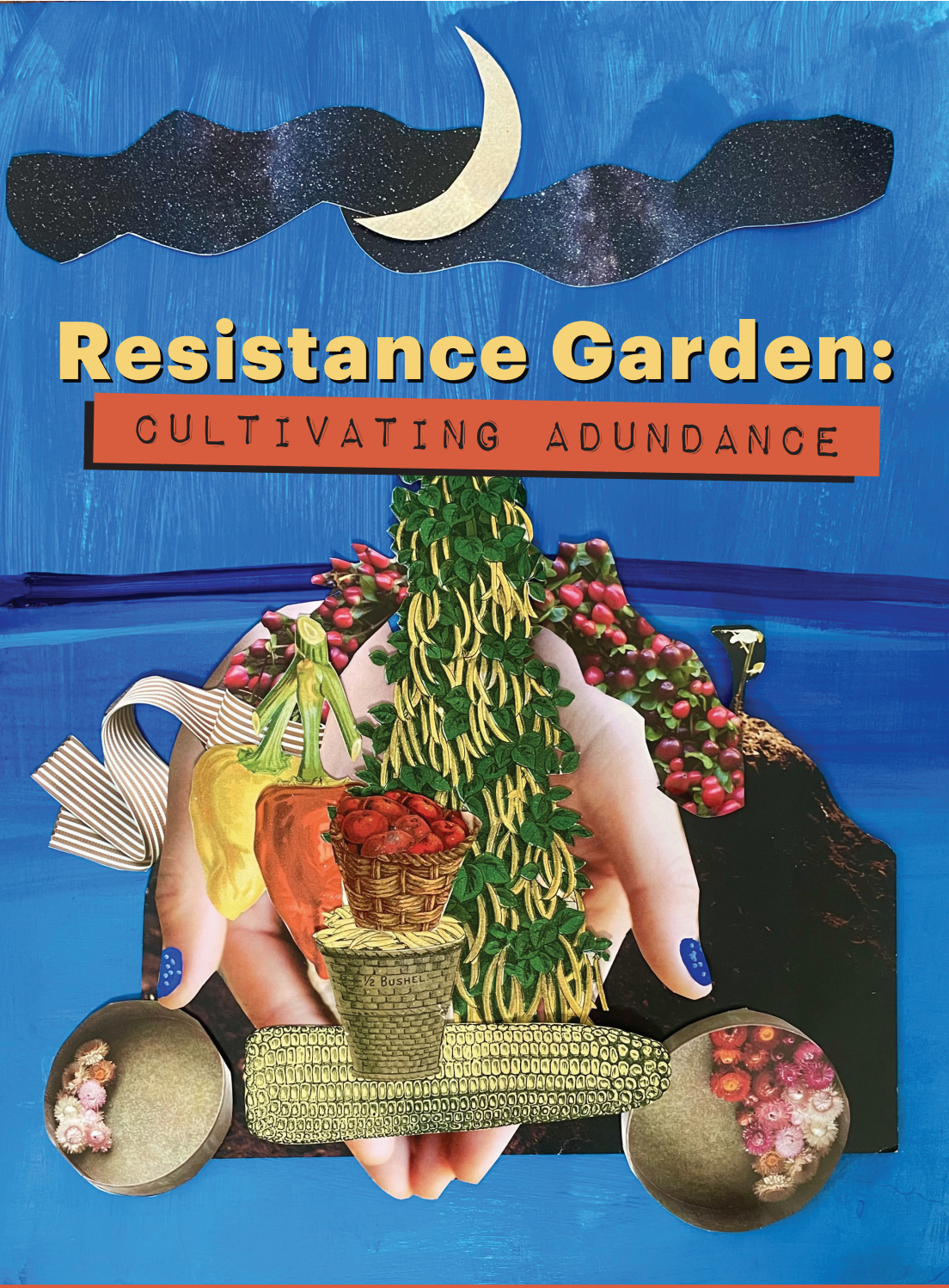
Resistance Garden:

CULTIVATING ADUNDANCE



WAXING MOON



WAXING MOON. DRIVING DESIRES.

A time for tapping into your inner strength, finding your power, and taking action. 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. 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 seed packets, spring walking tours, artist residencies, and community dinners to come!

Thank you for joining us in this moment of growth,
Painted Bride Program Committee

PARTNER LOCATIONS



Philly Forests 19

Truelove Seeds 7

One Art Community Center

Norris Square Neighborhood Project 12

Girls Justice League 10

Iglesias Garden

Lady Danni 4

Urban Creators/ Life Do Grow 15

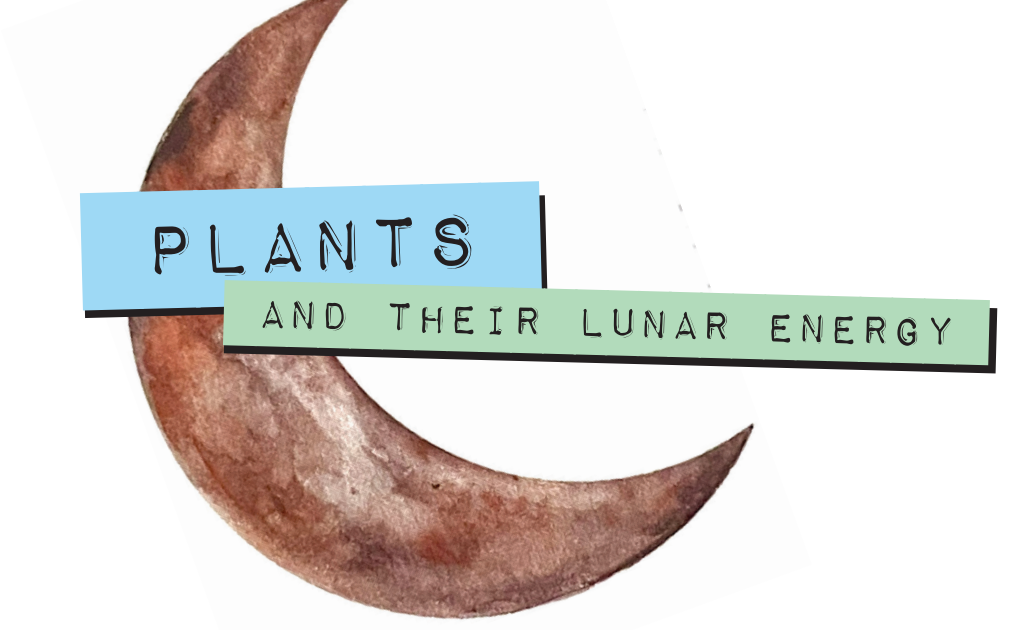
LAND ACKNOWLEDGEMENT

As we gather we would like to begin by acknowledging the reality of the physical spaces we move through every day are printed spaces. We recognize that we are all on colonized land, stolen land – meaning that this land was taken from its indigenous peoples. We acknowledge that we occupy the ancestral land of the Lenni Lenapehoking peoples.

We both acknowledge these ancestral lands, and we stand in solidarity with ongoing struggles for recognition, self-determination, and efforts to reclaim the land by indigenous-descended peoples here and globally.

–Daniella Fadjoh, GJL





PLANTS
AND THEIR LUNAR ENERGY

When it comes to plants, the moon has a major influence.

For example, if you're planting seeds it's best to do that during the waxing moon (from the first day of the new moon until the full moon). The moon's effect on tides also affects water in soil, encouraging seeds to swell and increasing their germination rate. During this moon phase flowers and crops that bear above ground fruit are encouraged in their growth of leaves and stem.

The moon is a feminine energy associated with coolness and moisture, which aligns with plants in a physical, emotional and spiritual way. Physically the lunar energies align with fluids in the body, like blood, bile, and urine, and are related to the brain, stomach, and the kidneys. Emotional alignment in plants involves the triggering of dopamine response to make you feel good. Spiritually, the energies focus on the subconscious, visions and dreams.

- Lady Danni Morinich, Landed Gentress

Goodlady forager & crafter of herbals at Landed Gentress, helping you reconnect with the healing power of nature.



FIVE WINTER TASKS

TO PREPARE FOR THE GROWING SEASON:

1. Organize and label your seeds from the last season or two. Identify what is still viable and should be planted in the upcoming season?

2. **Crop Plan:** Identify when crops need to go in the ground or get started in a greenhouse. Make a list of what seeds to order for the upcoming season then order seeds.

3. Work out. Stretch. Dance. Restore the body.

4. Connect with other growers. Make friends. Share resources. Grow your relationships.

5. Think about what tools might be needed for the upcoming growing season: **Things to consider:** Where are you growing? Where will you be starting seeds? When will plants start to produce fruit or flowers? What tools do you need to harvest or distribute that produce?

–Amalia Colón-Nava, Painted Bride

CREATE YOUR WAXING MOON

ACTION ITEMS

SCAN ME

MOON MOOD PLAYLIST

–Li Sumpter, Painted Bride



TRUELOVE SEEDS

The Waxing moon is about utilizing energy to overcome obstacles. Tell us about how seeds might do this and what people may learn from the way that seeds do this?

Seeds are teachers, seeds are students. Seeds are listeners, seeds are storytellers. A single seed holds an entire cosmos of environmental and genetic memory. Over seasons of survival — bountiful and luscious, or tough and tight — seeds adapt. If a seed comes from plants who survived a drought, heavy rain season, or early freeze, the seed will carry forward that knowledge.

Many temperate wild seeds from climates with cold winters, like our Common Milkweed, will only germinate after they feel a period of deep cold followed by the familiar signal of warming temperatures. Other seeds may evolve in relationship with a specific animal, becoming accustomed to being eaten, digested, and passed for germination. Mayapple, an Eastern woodland understory plant, produces one round, fleshy, golden fruit — dangling at the perfect height to be munched by the Eastern Box Turtle. These seeds benefit from scarification (breaking open or agitation) before they can awaken, and hungry Box Turtles are believed to be the main distributor of Mayapple seeds.

Sometimes, only fire can germinate a seed. In ecosystems home to annual natural fires, many plants have heat-resistant seeds which only break their dormancy through the intense heat of wildfire. Several species of California Mountain Lilac have leaves coated in flammable resins that fuel fire — as the bush burns, the high heat ignites their seeds' memory to sprout.

Are we so unlike a seed? What fires, floods, and hungers have our own ancestors known, passing down memories encoded into our DNA? Perhaps, in your own chronicle, the fire you've survived will be your catalyst to bloom.

–Maebh Aguilar, Truelove Seeds



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!

GIRLS JUSTICE LEAGUE



How does strength through connections tie into growth? Propelling forward and actualizing ambitions?

Indeed, we are a collection of the outcasts, the misfits, the not-quites, the multi-hyphenated, and the wickedly brilliant. As we have shared, commiserated, risen up against a collective history that is a nonlinear timeline of our pain and joy, we have found ourselves propelled forward to demand better, to polish up self-images that have been dulled out by the white media noise.

We have cooked up our own path. We have been the roundtable that has fed educators the bitter truth of our emotional labor to cross the divide that is not, and will not, be bridged by a few trainings on "cultural competency"; we have rewritten The Bill of Rights so that it suits us, in this age, in this era, as we are still clawing our way past patriarchy under a Supreme Court that seems intent on sending us back 100 years.

We are singing poems – haikus – even with our dear sis Ursula, and we are joining our peers and allies when they ask for our presence at protests and walks. Our legs are dancing, knock-kneed and all, to beats that have grown past their humble Bronx beginnings. We are sashaying our way through Tik Tok and the 'Gram, daring you, yes you, to join us as we live and lap up the freeness of this joy.

And we are quiet, listening tenderly to each other – each new story adding another layer to the architecture of our ambition. We have no ambition that is not each other, we have no ambition that is not the vigorous love that shows up each day – that says yes, you can.

– Catherine Sui, GJL

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.

WILD PLANTS WITH LUNAR ENERGIES

#1

Common blue violet Viola sororia

Violet blooms appear in late winter and early spring, but the leaves are available nearly year round, and both are edible. Leaves are edible raw or cooked and are packed with vitamin C and A. They're a natural anti-inflammatory and help reduce pain and swelling. The leaves are slightly mucilaginous (slimy), but that moisture helps to soothe throats and ease constipation. Flowers and leaves can be steeped as tea to relieve headaches and symptoms of a cold or flu.

–Lady Danni Morinich, Landed Gentress



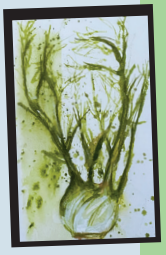
NORRIS SQUARE NEIGHBORHOOD PROJECT



How to run a farm stand: How do you keep veggies fresh? Do you buy or grow the produce you sell? Why do you use a farm stand to distribute produce?

The farm stand is an educational tool meant to teach participating youth valuable customer service skills alongside basic gardening techniques. We have a hard-working, diverse group of youth that run the farm stand Saturday mornings. An essential tool to our farm stand is communication. At our Raíces farm stand, we distribute our roles. Whether it's someone in charge of checkout or greeting the customers, we make sure to help each other and stay calm under pressure. We prep our produce the day before so that they are ready to be sold in the morning. We keep the produce that needs to be in a cold, chilled environment refrigerated. We've built this farm stand to unite and provide for our community. Sadly some of the produce that we sell aren't grown in our gardens due to the nature of the community we serve. In Norris Square it can be very difficult to buy groceries because of the fact that the closest grocery store is more than a twenty minute walk away. If our community members don't own a car it is a struggle to get produce, which is why we've made it accessible to buy groceries by having a farm stand in our neighborhood.

–Joselyn Wyatt, Norris Square Neighborhood Project (NSNP)



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.

WILD PLANTS #2
WITH LUNAR ENERGIES

Mugwort Artemesia vulgare

Mugwort has an antiparasitic quality, making it helpful for keeping your GI tract healthy. It has lunar associations of sleep and dreaming. The plant is an analgesic for pain relief, a mild sedative and has been used to promote lucid dreaming and dream recall. Even in winter, mugwort can be identified by its green leaves with silvery undersides and its characteristic sage-like fragrance. Those whose work involves standing may find a few sprigs of mugwort in the bath soothing to feet and tired legs. Mugwort is also associated with healing and protection. If you're using mugwort as a culinary herb for its sage-like flavor in cooking, you should forage young leaves in spring. If you're using it for medicinal or spiritual practice, you should harvest in late summer, early autumn.

–Lady Danni Morinich, Landed Gentress



IN WHAT WAYS ARE YOU GROWING A STRONGER COMMUNITY RIGHT NOW?

"Over the past few years our local gardens have been useful in uniting us because we incorporate our culture and our history into them. Our gardens have reached people through events that are sometimes led by youth that attend NSNP. We invite the community into our gardens, host garden clean ups, and provide free wifi. With our 50th anniversary coming up, there are moments of celebration lined up meant to draw together our neighbors, friends and supporters. Through NSNP I've made memories such as taking clay classes (at the Clay Studio) with one of the garden cofounder's daughters (Nitza Walecsa Rosario), which has been a great experience."

–Joselyn Wyatt, NSNP

"As GJL has recently celebrated ten cycles around the sun, we acknowledge and uplift the long chain of girls and gender expansive folx who have contributed their time, wisdom, and energy to our community. Having had a decade under our belt, our community is now peppered with an intergenerational mix of people who bring rich life experiences back to our group – college graduates, alumni leading their own healing circles and youth work, high school and middle school students, and a dedicated group of adult allies. Our strength grows as we continue to root down in the messy business of loving ourselves and each other through our individual stages of growth, and as a result, we have created a stronger, richer community."

– Catherine Sui, GJL

URBAN CREATORS

How do you stay active and energized in your work?

We are not so different from the plants we cultivate. Energy is needed for our work, yes, but it is given, used, and replenished over and over, in cycles with each other, our community, and the land. As individuals, we all have practices for staying energized, whether through cooking and sharing delicious meals, planting in the soil and harvesting under Brother Sun, folding in periods of rest, sharing a laugh among friends, or eating well and stretching to maintain ourselves. These cycles of action, contribution, self care, and reflection animate our work and strengthen the bonds among our collective. But just like the plants and environment that surround us, we never truly exist in isolation.

It is deeply empowering to know that an incredible amount of love and energy has been poured into this land, before any of us walked it. In knowing this – in feeling the love and wisdom the land holds, we recognize the circle of reciprocity: we must love on the land the way it loves on us. Sister Moon reminds us that the more we give, the more we receive back. Her lessons bring energy and purpose; seeing the tangible change from our stewardship day by day, season to season, is profoundly fulfilling. Ultimately, we are guided by a symbiosis rooted in love and respect: between us and the land, between the plants we group together in a plot, between collective and community, and among all of our Resistance Garden kin. We are inextricably connected, and we are stronger and more energized together.

– Isabella Higgins and Joshua Warner, Urban Creators





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 comrmunities.



Rose Rosa species

When you think of roses you may think of the long stemmed beauties from the florist, but wild roses generally have five petals and are pink. Once the petals have gone, the remaining rose hips ripen in fall to resemble a red berry that can remain on the bush into the winter. These can be foraged and processed into syrup or jelly to add a burst of Vitamin C to keep you healthy all winter long. Rose is also soothing and comforting, helping to improve immune function and preventing the inflammation and irritation of the mucous lining of the stomach. Rose is naturally anti-inflammatory and removes redness when applied topically to skin. Rose also has an association with eyes and vision and it's said if you drink rose tea before bedtime it can induce prophetic dreams.

–Lady Danni Morinich, Landed Gentress



Phototropism is the growth of plants in response to the light.
Stems
Leaves
Petals
bend toward the sun,
internally rearranging themselves to make this happen.
Auxin bustles to the darker side of the stem to promote faster growth
stable stretching towards
brightness.
more sun
more food
more growth

So much like ourselves–
Aside from the richness that comes from
sun~on~skin,
the light that we reach for can endlessly be defined.
Perhaps:
entry to new fields
birthing a newfound tenderness in hardship
exiting a burdensome attachment.
Shove love in the
darker places that need it most.
Our cores have what we need
to cradle us
as we move toward
the light.

–Jasmine Thompson, Philly Forests





Philly Forests

Farming | Greening | Learning

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.



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.

PAINTED BRIDE
artist driven • people powered



ZINE TEAM

Illustrated by Theresa Gaskin
Edited by Amalia Colón-Nava and Mary Zhou
Graphic Design by Jenny Donnelly Johnson

Submissions by Resistance Garden Partners:
Truelove Seeds, Urban Creators, Norris Square Neighborhood Project, Girls Justice League, Philly Forests, Lady Danni.

Additional Resistance Garden Partners:
One Art Community Center, Iglesias Garden.

Thanks to the Painted Bride Program Committee for the initial dreaming of this project.

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RESISTANCE GARDEN

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VOLUME II