PCRI Presents Portland Roots Festival 2014!

On Sunday, August 10th 2014 PCRI will be hosting our 2nd Annual Portland Roots Festival and you are invited!

The event takes place in Pioneer Courthouse Square (701 SW 6th Ave.) from 12:00 PM to 8:00 PM. It’s free and family friendly, so hop on the bus or Max and join us.

Once again, we are coming together to promote healthy living through nutrition and exercise by tapping into the rich and ancient sustainable food practices of the African people. We will highlight the different yet similar avenues these cultures took through celebrating the food practices of African-American, Afro-Caribbean, Afro-Latin, and African Diaspora populations of Portland, Oregon.
Portland Roots Festival 2014

The celebration will feature some of Portland’s tastiest Afro-food vendors, a variety of fun and educational health-related activities for the whole family, and plentiful information from local health based organizations.

Our residents will be there to share their healthy food access journey through community gardening, nutrition education, senior food bank, and youth summer health camp. We’re excited to have you and your organization participate in the event and help PCRI continue enriching our community through the promotion of healthy living.

Taste some of our city’s most delicious food carts, restaurants, and caterers.

- Enat Kitchen (East African)
- Love Belizean (Latin American)
- Delight of Africa (West African)
- Terrel’s Texas BBQ (American)
- Carribean Kook Pot (Carib)

and more!

Enjoy performances from some of our city’s amazing musicians, dancers, and poets.

- Hanifah Abioto
- Amenta Abioto
- Turiya Autry
- ZZ Rose
- Chata Addy, The Music Man
- Speaker Minds
- Blaque Butterfly
- Capoeira Ijexá PDX

and more!

Come learn about the amazing work our partners are doing to promote healthy living.

- Family Farmers
- Coalition of Community Health Clinics
- The Q Center
- Oregon Children’s Theater
- The Urban League of Portland
- Men’s Health Project
- Bradley Angle House
- Black Women for Peace
- Curriculum of Cuisine
- Earth Wisdom Alliance

and more!

Bryant Terry

Check out chef/author/activist, Bryant Terry, as he talks about health, food, farming, and Afro-Diaspora cuisine.
Irvington School Student Volunteers!

PCRI community gardens welcomed over a dozen 7th and 8th graders, who helped out with the gardens once per month during the school year.

The class is a service-learning class, which means at school they learn about a subject (in this case redlining and gentrification) and then the students go out to an organization, working around their subjects to hear direct experiences and knowledge and also learn from working at the organization’s site.

To support PCRI, the students helped build up the community gardens by building compost bins, new garden beds, transplanting veggie starts, planting seeds and processing produce from the garden for storage.

Most students had not gardened before so this relationship was also to impart gardening skills, nature knowledge and community sustainability through working with the land.

PCRI sends a big thank you to Irvington School and the students volunteers!

For more information about PCRI volunteer opportunities, please contact us at: 503-288-2923, ext. 132
Indigenous Knowledge Exchange

There has been a lot of food and gardening energy at the Margaret Carter Neighborhood Network Center recently. After workshops, gardening parties, and interesting conversations, an idea was born to create a publication that would present recipes and descriptions of food and medicine originating from ancestral and indigenous cultures. The food and medicine will be described in terms of their ceremonial use such as welcoming gatherings with tea, and medicinal uses, such as traditional herbs that heal.

We will be gathering stories from PCRI residents will be published before the second annual Portland Roots Festival on Sunday, August 10th, 2014, where copies of the publication will be sold to raise money for the contributors and to support the mission of the festival which is to celebrate the food practices of African-American, Afro-Caribbean, Afro-Latin, and African Diaspora populations in Portland, Oregon.

For more information, contact:
Nuhamin Eiden, Resident Services Coordinator at 503-281-1778
or nuhamin@pcrihome.org

The Margaret Carter Center is located at 626 NE Brazee Ave.
Portland, OR 97212

Garden Access and Education

Did you know that PCRI offers plots in community gardens based at our three community centers?

Did you know that we also offer gardening support for residents interested in gardening in their yards?

Services include site consultation, garden development and maintenance support, material supplies such as starter plants and tools, connection to community partners, and free workshops. Start growing your own food anytime!

Kirk Rea is our Garden Program Specialist and is on hand Monday – Friday from 8:30 a.m. to 5 p.m. by appointment.

Contact:
kirk@pcrihome.org
or
503-282-1359
Smashed Potatoes, Peas, and Corn with Chili-Garlic Oil

Adapted from Chef Bryant Terry.
His suggested soundtrack to this dish: “Ndiri Ndanogio Niwe” by Mbiri Young Stars from Kenya
Special: Selected East African Recordings from the 1970s & 80s

**Instructions**

*Chili Oil:* Put the red pepper flakes in a small bowl. Warm the oil in a small skillet over medium heat, then add the garlic and sauté until the garlic is fragrant and golden, about 5 minutes. Pour the oil and garlic over the red pepper flakes and let cool, stirring a few times, for about 20 minutes.

*Veggies:* Boil 2 inches of water in a large pot fitted with a steamer insert. Add the potatoes, cover, and cook until fork-tender, adding more water if necessary, about 45 minutes. Remove the steamer basket from the pot and let the potatoes cool for 5 minutes.

Preheat the oven to 400°F. Line a large, rimmed baking sheet with foil. Mix 2 tsp. olive oil and ¼ tsp. salt in a large bowl. Transfer the potatoes to the bowl with the olive oil and toss to coat. On a clean work surface, gently press each potato with the palm of your hand until about ½ inch thick. With a spatula, transfer to the lined baking sheet. Bake for 30 to 35 minutes, until brown and crispy on the edges.

After the potatoes have been baking for 15 minutes, put the remaining 1 tsp. olive oil and ¼ tsp. of the salt in the same bowl and mix well. Boil 8 cups of water to a medium pot. Add the remaining 2 tsp. salt, then add the peas. Return to a boil, and cook uncovered until the peas are just barely tender, 2½ to 4 minutes. Add the corn and cook for 30 seconds. Drain well, then transfer to the bowl with the olive oil. Add the parsley and toss well.

*To Serve:* Top each potato with 3 heaping tablespoons of the pea mixture, drizzle with the chile oil, and finish with a few grinds of white pepper.

**Ingredients**

For the chili-garlic oil:
- 4 tsp. red pepper flakes
- 1/3 cup peanut oil
- 1 large clove garlic, minced

For the veggies:
- 3 tsp. extra virgin olive oil
- 2 1/2 tsp. coarse sea salt
- 12 small (about 2 in.) potatoes
- 2 1/2 cups shelled green peas
- 2 1/4 cups sweet corn kernels
- 1/4 cup chopped flat leaf parsley
- Ground white pepper to taste

**Active Time:** 30 minutes

**Total Time:** 1 hour and 30 minutes

**Yield:** 4-6 servings

**About the Chef**

Chef, activist, educator Bryant Terry is the author of numerous cookbooks, including the new *Afro-Vegan: Farm-Fresh African, Caribbean, and Southern Flavors Remixed*

Come see him speak about health, food, farming, and Afro-Diaspora cuisine at the Portland Roots Festival on Sunday, August 10th in Pioneer Courthouse Square!
Saving Money

PCRI Residents
Save and Earn Money!

Did you know PCRI’s has funding to support you if you’re interested in purchasing a home, advancing your career (through education or training), or starting/improving upon a business through the Individual Development Account (IDA) program?

The IDA is a matched savings account and the current match is 3 to 1. So for every $1 YOU save, WE match you with $3.00.

Whether you’re already saving or want to start saving, PCRI can help you realized your dream of homeownership, career advancement or entrepreneurship.

For details on how much you can earn and eligibility requirement, please contact Liz Olson, IDA Specialist by phone (503-288-2923 x122) or by email (liz@pcrihome.org).

The New Youth Economy Starts Now!

This summer PCRI will be introducing a new economic system for the Maya Angelou Community Center. This program is intended to teach children financial responsibility through experiential financial learning.

Children will earn PCRI “dollars” to pay for fun activities and snacks. All children of PCRI residents, ages 5-18, are welcome to join.

The Maya Angelou Center is located at 4012 North Borthwick Ave.
Portland, OR 97227

Please contact Amy Dang, PCRI Financial Education Specialist, to sign-up.
503-288-2923 x131 | amy@pcrihome.org
PCRI welcomes IDA Specialist
Liz Olson!

Liz joined PCRI in late May 2014. She was born and raised just outside of Hartford, Connecticut, and lived in Boston while she attended college. She moved to Portland in 2010 as part of an Americorps volunteer program, and has made her home here since.

Liz joins PCRI after almost four years of advocacy work with survivors of intimate partner violence in emergency shelter. That experience shaped her understanding of home as central to a person’s health, and deepened her commitment to gender equity and racial justice. Liz is excited and honored to be a part of this staff team, and she looks forward to supporting the PCRI community’s access to opportunities for economic stability & empowerment through the IDA program.

Outside of work, Liz enjoys spending time with her friends and family, cooking in her tiny kitchen, and exploring her city and the greater Northwest.

Welcome Liz!

PCRI Opportunities

PCRI is looking for an Oregon State Service Corps/AmeriCorps member to join our team as a Healthy Food Access Specialist.

The member would coordinate gardening and nutrition education activities for PCRI residents. The position requires a motivated and resourceful individual who is interested in social justice, health, and community building.

This position is available to all without regard to race, color, national origin, disability, age, sex, political affiliation, or in most instances, religion.

Qualified individuals with disabilities and those from diverse backgrounds are strongly encouraged to apply. We provide reasonable accommodation for qualified individuals.

Benefits for serving in AmeriCorps full-time are: $5,645 education award upon completion for future tuition or payment on qualified student loans (taxed), a living allowance of $12,100 for 11 months (before taxes), loan forbearance on qualified federal student loans, basic healthcare coverage and childcare assistance (if household income qualifies).

We are recruiting now through August 15th for a member to start in September.

To apply, send a resume and cover letter to Melody Padilla, Director of Programs melody@pcrihome.org
No phone calls please.