



Sowing Remedies

YOUTH FELLOWSHIP



COMMUNITY FOOD BANK
OF SOUTHERN ARIZONA

ABOUT THE Fellowship

Sowing Remedies is an eight-month interdisciplinary fellowship designed for high school youth to develop leadership, capacity-building and organizing skills to address food inequities and other systemic challenges impacting their communities.

During the eight months, fellows learn about the historical and systemic barriers to food equity, explore community-based solutions with local Tucson organizations and organizers, and engage in social equity leadership practices to advocate for sustainable food systems and policies rooted in culture, belonging, and justice.

Our fellows participate in relational practices, public speaking, community engagement, project ideation, art-building, urban farming, and power and oppression training to develop the confidence and capacity to drive social change in their communities.

OUR Approach

Using popular education methodologies, we encourage our fellows to harness their existing knowledge, skills and experiences to advocate for and respond to the systemic challenges that disproportionately impact their communities. Popular education is a praxis that encourages shared power and participatory leadership. Through this approach, fellows engage in the understanding that skill sharing flows in all directions, and that inclusive spaces have the potential to facilitate meaningful dialogues and form lasting relationships.



MEET OUR Fellows

The 2024 Sowing Remedies cohort is represented by 10 students, primarily living in South Tucson. Our fellows come from multicultural backgrounds and historically marginalized identities. This year's fellows were selected because of their interest, participation, and commitment to learn more about food justice, sustainable gardening and farming, community organizing, and more. Fellows expressed their personal curiosity in leadership, desire for confidence in advocacy and mentorship, practices to improve their communication with others, and overall need to better their communities, their environment and the Earth.

Sowing Remedies





Abigail

Hello! I'm Abigail, (she/her), a high school junior and a Tucson native whose roots can be traced back to the Pascua Yaqui Tribe. I'm currently one of the Sowing Remedies Fellows with the Community Food Bank of Southern Arizona. Alongside being a fellow, I'm a volunteer with the Reid Park Zoo, a member of National Honor Society, and Class President at my high school. I enjoy being in community with others through social justice initiatives and community events. I really love activities such as rock climbing, bouldering, and swimming. One of the qualities I feel makes me unique is my want to make change and introduce new ideas.

In the future, I would like to attend a university with a dual degree in Religious Studies and Political Science, two fields that are considered to be the cornerstone of our global community. When asked what I can bring to the table, I would say my vision of a better future and how we can get there. I am able to share ideas that are considered practical, and can be used for the betterment of the world. :)



Eybar is a sophomore at Desert View High school with a passion of pursuing dentistry to help people have healthy smiles. He is currently part of the Sowing Remedies Fellowship at the Community Food Bank of Southern Arizona. Through the fellowship, he is interested in learning leadership and public speaking skills.

Apart from his interest in dentistry, he has a part-time job in landscaping, and enjoys playing hockey, basketball and football. Alex's vision for his community is to see more vibrant plants in his neighborhood. He is a good team player and enjoys supporting his friends and family. Although Alex finds his English subject challenging, he enjoys writing personal narratives about his upbringing.



Eybar



Gracie

Gracie is a 16-year-old girl from Tucson, Arizona from a big family of many mixed cultures. She is currently a senior at University High School and the captain of her school's swim team. She loves any form of art and loves creating it in any way possible.

The Sowing Remedies fellowship is growing her understanding of food and social justice, two majorly important causes to her. Gracie especially enjoys learning about growing food, already having a strong connection with gardening. Stemming from both of her grandmothers' personal gardens growing vegetables native to their cultures, Gracie has always been appreciative of the challenging and loving work a successful garden needs. She hopes to pass on all that she learns in the fellowship by repairing and preventing damage from large farming corporations; and continue traditions of self-supporting sustainable living.



Amy

Amy (she/her) was born and raised in Tucson, Arizona. She graduated from Desert View High School doing three years of photography, behind and in front of cameras, and was a part of the yearbook club. Also doing film and tv for three years; producing, podcasting, and filming. Being in a heritage club and learning the backgrounds and heritages of people, so she can make better connections, is how she spent her time in highschool. She is currently attending Pima Community College majoring in psychology to become a flight attendant and become a therapist in the long run. "I love helping anyone and everyone".

Amy wants to leave a positive mark on the world from making connections with people trying to change the direction the earth is heading to. She is excited to be learning the roots of Tucson and finding issues that can be solved with the community, being with a group that cares about the earth as much as she does and finding what more we can all do to help everyone out.



Luis

Hello, I'm Luis, a sophomore at Pueblo high school and I've lived in Tucson my whole life. This year I participated in the Sowing Remedies Fellowship, which has helped me learn about the history of Tucson while also teaching me about the surrounding communities. I've also been participating in volleyball and football at my high school, and I feel this has helped me realize I can get work done and do what I need to do for my team. In my free time, I like to play video games as well as hang out with friends. When I graduate I'd like to attend a college near home to study law or medicine, as my mom always advised me to choose a career that pays well and to not move too far from home.

Project Summary:

The audio I decided to record is focused on gentrification and cultural preservation. I really wanted people to get a picture around how gentrification uproots people from their homes. I hope that through the audio people think about the communities that have been forcibly removed from their homes, but have lived there for generations. And that land is more than just property, it is actually people's livelihood, it's how they connect to family, culture and tradition. In the future I hope we have more access to healthy land to grow more food, especially communities that have been the most impacted by gentrification or have had their lands taken away.



Golda

Golda is a recent graduate from Desert View High School. She has decided to major in Pharmaceutical Sciences, to hopefully help people in educating, detecting, and preventing diseases. Golda was involved in the FFA (Future Farmers of America) program in the last three years of high school, while also taking part in the Floriculture competitions; taking 3rd in regionals. Because she was a part of FFA and the Agricultural program, it has helped develop and heighten her interests in not only plants and animals, but the connection between food and people. Which connects back to what she is learning at the Sowing Remedies Fellowship at the Community Food Bank. Outside of school she enjoys art, reading, gardening, and playing golf. She hopes to continue her education and take her new knowledge of these matters and hopefully continue to advocate for people’s health and right to Food Sovereignty. With her curiosity and open-mindedness to discuss different topics that may not be commonly highlighted upon, she remains passionate and hopeful for the betterment of people and their rights.

Project Summary:

The audio I recorded is focused on racial covenants and how they are connected to food deserts. Through the audio, you’ll get a quick history recap on how racial covenants reinforced segregation during the 1930’s. These racial covenants would later create what we know as Redlining. Many of these practices, though they don’t exist, are still seen especially when we talk about food deserts, food swaps and economic stability for Black families and communities of color.



Ulissa (she/her) was born and raised in Tucson, Arizona. She is an upcoming sophomore at Desert View High School. The past school year she didn’t join any clubs other than FFA, but this year she wants to get into different things in and outside of school. Ulissa is in the 8-month fellowship, Sowing Remedies, with the Community Food Bank where she is learning to help change her community by learning about social and food justice, and agriculture. A lot of her time is spent with her family and animals (1 cat & 3 dogs), or listening to music, and when she finds inspiration she likes painting. Ulissa is determined and caring which allows her to achieve her goals and help change things she cares about.



Ulissa

Project Summary:

The art piece I decided to create was inspired by the topics we discussed during the fellowship and the hopes that I have for myself and my community in the next five years. It represents the work towards food sovereignty where indigenous communities have access to grow their own foods and care for their land. As someone who lives in a food desert, lives in a neighborhood that doesn’t have a lot of shade, and sometimes sees a lot of people going hungry on the street, I know how harmful these experiences can be. I hope that in the next five years I see more plants/vegetation, more shade so it can feel good to go outside and walk, and have more places to gather with our neighbors to talk about the issues we see like food insecurity, but also celebrate the accomplishments to change our neighborhoods to lead healthier, happier lives.



Sabrina

Sabrina was born and raised in Tucson, AZ, and is a 2024 graduate of Desert View High School and the Pima JTED program. Through JTED, she became certified as a community health/direct care worker. She was also a part of school and community programs such as TRIO and Sowing Remedies.

In her free time, some hobbies are dancing Folklorico, singing and playing guitar in mariachi, and being in a film and TV class. Now, she plans to continue attending Pima Community College to major in social work because of her passion for helping people with their mental health and living environment, especially children/teens. She has a kind and patient soul, loves to listen to her friends and family talk, and dreams of one day having her own office at a high school and working as a social worker. Contributing to society and being able to provide as much help as she can is one of her values. She continues to thrive and do good for the world and people in need.



Santiago is a sophomore at Desert View High school living in South Tucson. They are part of the Sowing Remedies Fellowship with the Community Food Bank of Southern Arizona. They have an interest in learning more about how plants grow, their growing seasons, and best practices in caring for them, especially since he has his own garden. Santiago is also interested in cooking and enjoys being in the kitchen preparing different dishes with his mom.

In the future, he hopes to grow a large garden to improve his community and support people in their access to food. Santiago feels confident with hands-on learning, outdoor education and working with his community.



Santiago



Diviana

Diviana is a dedicated student at Desert View High School with a passion for agriculture. As a senior she has excelled in education professions, agriculture, English and math, earning recognition such as student of the month and other awards. Diviana is actively involved in FFA, where she has demonstrated teamwork and leadership.

Outside of school Diviana enjoys baking, painting, doing makeup, and cleaning. She aspires to attend beauty school to pursue a career in hair and makeup. Diviana is known for being strong-minded and outgoing. She focuses on skill development, both for herself and her peers. By continuously learning and sharing knowledge, she helps to ensure her peers stay innovative and positive, and she is excited about the opportunities ahead.



THANK YOU TO THIS YEAR'S

Facilitators



TANYA MORENO

Tanya Moreno is the owner of cihuacolotl consulting. Tanya facilitated a session on gender biases and the dynamics of power and privilege.



MAURO TREJO

Mauro Trejo is a seventh-generation Tucsonan with a profound connection to his city's history. Through his various roles within historical organizations, his goal is to educate both locals and visitors about Tucson's remarkable past, including the Sosa-Carillo house and Barrio Viejo neighborhood.



FLOWERS AND BULLETS (F&B)

F&B is a collective of organizers creating outlets for under-served youth and communities. By sharing skills, promoting place-based connections in the barrio, and listening to each other's stories, they promote sustainable ways of living.



JACOB ROBLES

Jacob Robles co-founded Flowers and Bullets in 2011. He began creating art and imagery to promote culture, sustainability and indigenous resistance that would eventually become some of the artwork for F&B. Jacob is also a muralist, graffiti artist and graphic designer for the Collective.



COMMUNITY FOOD BANK
OF SOUTHERN ARIZONA