

MANDELA FARMER'S MARKET

"Pick a fruit, feed a child. Plant a seed, feed a nation."

Rainy day indoor location: 1357 5th Street OR

Regular outdoor location: Mandela Parkway 5th & 7th streets
(Directly next to the West Oakland BART station.)

On the Web: (www.mobetterfood.com)

Every Saturday from 10:00 a.m. to 4:00 P.M

Support our farmers: apples 1.00lb, yams 1.00lb, broccoli 1.00lb, Oranges 1.00lb, greens of several kinds 0.75 per bunch, Russian kale, potatoes, carrots 0.20ea, tangerines 1.00lb, lemons 0.40lb, pecans, peanuts and MORE, MORE and MORE!

Support our Venders: Purchase hand-made leather writing pads, several kinds of shea butter, soaps, jams & jellies, fresh cooked vegetarian and soul food, sweet & treats (cookies, cakes and pies), acupressure massage, leisure clothing, household cleaning products and MORE, MORE and MORE.

EBT AND WIC are ACCEPTED at this market!!!!

SPECIAL WEEKLY MARKET ACTIVITIES and VENDERS: Music- DJ Roachski playing the oldies but goodies; the Educational Park featuring free chess lessons with master-teacher Yafeu; do you know some youth out there K-12 who want to join the Mandela Farmer's Market Youth Chess Team? Come by to see us or call!

Saturday community events during April 2005:

---2 April--- from 12pm-2pm

- ***OBUGS: veggie recipes prepared by OBUGS youth.***
- ***Wmangozi: listen to LIVE sounds of keyboard, base and drum.***

---9 April --- 11:30am & 1:00pm

- ***Sankofa Kitchen: "Cooking Tips for Diabetes"***

---16 April--- from 12pm-2pm

Wmangozi: listen to LIVE sounds of keyboard, base and drum.

---23 April --- 11:30am & 1:00pm

- ***Sankofa Kitchen: "Cooking Tips for High Blood Pressure"***

Mandela Farmer's Market is a Mo'Better Food market, founded by the Familyhood Connection. For more information about Familyhood Connection, and Mo' Better Food, contact David Roach at 510-776-4178, or visit the website: www.mobetterfood.com