

# Urban Farming and Gardening in Chicago

## A Panel Discussion

Learn from local expert growers about how to bring sustainable food to the city while building community

Hosted by One Book, One Chicago

April 6th 6-8 pm  
John T. Richardson Library Room 115

### Dr. Shemuel Israel (North Lawndale)

Dr. Israel has practiced chiropractic for 28 years. He specializes in biological health care and uses chiropractic, functional diagnostic medicine, nutrition, lifestyle, and life design. As president of the Center for Health Promotion and Enhancement, Dr. Israel developed a "Youth Health Ambassador" program to teach young teenagers to become peer-educators. In 2009, he became president of the North Lawndale Greening Committee. He currently serves on three other boards: the Chicago Honey Co-op, NeighborSpace, and the Empowered Citizens of North Lawndale. Dr. Israel is actively engaged in promoting health through the growth and ingestion of quality food and is a member of the Bionutrient Food Association.

### Maria Herrera (Little Village)

Ms. Herrera is the Public Health Coordinator for Enlace Chicago in the Little Village neighborhood. She is trained as a nurse from the Universidad Juarez del Estado de Durango in Mexico. She manages three Little Village community gardens; helping grow organic vegetables and fruits. She networks with community organizations to coordinate educational events to improve the quality of life of residents including health, nutrition, socialization and mental health.

### Tonia Andreina (Rogers Park)

Ms. Andreina is the Director of The Genesis Project for A Just Harvest in the Rogers Park neighborhood of Chicago. She has a wide variety of experience in food systems including as coordinator for Greencorps Chicago Youth and as program coordinator for the Peterson Garden Project. She currently manages A Just Harvest's growing sites in the North of Howard neighborhood of Rogers Park. Her key focus is on engaging local youth during and after school hours with urban agriculture projects. She has years of experience in community garden development, environmental education, youth mentorship, event planning and project management and holds two degrees in Human Geography, Nature and Society Relations with GIS and Marketing Communications and Public Relations.