



EFSN COMMUNITY COOKBOOK

***Spring/Summer
Edition***

Chives



Courage



Chives



Courage

connecting communities with resources, support,
and knowledge around food access

Spring 2026 Edition

Welcome to the
Spring/Summer
Edition of the
Englewood Food
Sovereignty
Network
Newsletter!



Who We Are

The Englewood Food Sovereignty Network (EFSN) is a collective of partners focused on building a hyper-local, sustainable food system that supports food sovereignty in our community. We work to create access to fresh and healthy foods, goods, and resources for Greater Englewood residents.



EAT.MOVE.SAVE.



**GROW
GREATER
ENGLEWOOD**



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Community Cookbook

Partners

Click on a partner below to
jump to their page.

[Grow Greater Englewood](#)

[Growing Home](#)

[Imagine Englewood if](#)

[Inner-City Muslim Action Network](#)

[Living Hope Kingdom Ministries](#)

[Sistas In The Village](#)

[Teamwork Englewood](#)

[Think Outside Da Block](#)

[Urban Growers Collective](#)

Herb of the Season



Chives

Benefits: supports heart, eye, and
bone health. Packed with antioxidants
and Vitamins A,K,and C

How to use:
vinaigrette, infusions, marinades

[Click here for a recipe.](#)

Mindful Meals Recipes



Energy Boosting Chive Chicken Salad

[Click here for the recipe.](#)

Resources

IMAN Food & Wellness Center
Tuesdays 10am–1pm
Thursday 3pm–6pm
1216 W. 63rd

Imagine Englewood if's
[Englewood Strong Program](#)

[Click here to see the full
resource list.](#)

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Community Cookbook

Did You Know?



**Seed saving
helps
communities
protect and
preserve food
culture.**

- An ancient process of collecting, drying, and storing the seeds that a plant produces in order to grow a new crop from them the following year.
- Increases access of growing food and diversity across the environment. Learn more [here!](#)

Upcoming Events

June

EQLI Juneteenth Resource &
Employment Fair
6/17 10am-3pm 63rd & Halsted

July

SITV Weekly Farm Stand
7/18 9am-12pm 5800 S. Ada

August

UGC Harvest and Post-Harvest
Handling Workshop
8/1 10am-12pm
9001 S. Mackinaw Ave

Suggestion Box



How are we doing?

[Click here to leave your
feedback!](#)

Food Is Love Playlist



Food + Music = Love

[Click here to catch a vibe!](#)



Energy Boosting Chive- Chicken Salad

This recipe is refreshing after a long day in the sun.
It is a simple and quick meal to make whether for
lunch or dinner

Ingredients

- 2 cups shredded rotisserie chicken
- 2 celery thinly sliced
- 2 Tablespoons olive oil
- 2 lemons juiced
- 1 teaspoon Dijon mustard
- 2 Tablespoons olive oil

Seasonings

- ¼ cup of fresh chives
- ¼ cup fresh parsley chopped
- ½ shallot minced
- salt and pepper

Instructions

1. Add the shredded chicken, celery, chives, parsley, and toasted a large bowl. Mix to combine.
2. In a small bowl separately, whisk together the lemon juice, mustard, shallot, and olive oil. Season to taste with salt and pepper
3. Pour the dressing over the chicken and mix together.
4. Taste your creation and share with a loved one on a sandwich, pita bread, or lettuce cups!

Mindful Meals Recipe



***We LOVE you Mecca Bey.
We will forever call your name and honor you in all we do.***

***This recipe was one of the many gifts we cherish from your love of
nourishing community. We will continue carrying on the legacy of
Sistas In The Village through this recipe and as we support
Bweza during this difficult time.***



Nutritional Chives Vinaigrette

Add excitement into your kitchen with this recipe for a warm day or a gathering with loved ones!

Ingredients

- ¼ Cup Extra Virgin Olive Oil
- ¼ Cup Lemon Juice 2-3 lemons
- ¼ Cup Fresh Chives finely chopped
- 2 tablespoon Whole Grain Mustard
- 1 teaspoon honey (optional)
- 1 teaspoon Salt or to taste

Instructions

1. Chop up lemons in half squeeze juice over a bowl or mason jar. Then chop up the chives and pour into the same bowl
2. Take ¼ cup of oil. 2 tsp of mustard, and 1 teaspoon of salt and add to bowl. Adding a sweetener is optional: agave, honey, or maple syrup
3. Taste your creation and add to any salad or protein of your choice as a marinade

Resources

Food Access Assistance

Find Food Illinois Map

Englewood Strong Program

Health and Nutrition Programs

Nourish Hope Online Market

Save our Snap

Free Food

IMAN Food & Wellness Center

Tuesdays, 10am–1pm

Thursdays, 3pm–6pm

1216 W. 63rd St.

Living Hope Kingdom Ministries

2nd Saturday of Every Month

11am–1pm

7032 S. Wentworth Ave.

Southside Hot Meals

Fresh Produce

Go Green Community Fresh Market

Monday-Friday, 8am-7pm

Saturday-Sunday, 9am-6pm

1207 W. 63rd St.

Englewood Village Market

Every other Saturday 9am-1pm

from June 13th-October 24th

5822 S. Halsted

Growing Home Farmstand

Every Thursday 11am-5pm

from May 14th-October

1844 W. 59th St

Markets that LinkMatch

Summer Activities

Teamwork Englewood has partnered with Chainless Movements to provide FREE fitness classes to Englewood Residents: Thursdays from 6–7 pm at 945 W. 69th St., and Sundays from 2:30–3:30pm at 6027 S. Wentworth Ave. *Non-resident class fee=\$25*

Volunteer with a loved one at an EFSN partner site/event!

Upcoming opportunities: 6/6 at IMAN's Community Build Day, 6/12 at TODB's Roll n Peace13,6/26 IEI's Garden Therapy, or 7/18 at SITV Volunteer Day



Grow Greater Englewood is a non-profit social enterprise that works with residents and developers to create sustainable local food economies, green businesses, and land sovereignty to empower residents to create wellness and wealth.



Programming

Englewood Village Market

The market connects residents to low-cost fresh produce from local farms, and food, goods and services from Black-owned businesses.

U-Pick Community Garden Day

The garden is a way to connect residents to garden education and free produce grown seasonally. This spring-summer we are hosting Community Garden Days and have partnered with Aetna to provide samplings from a featured chefs, workshops from a featured farmer, and produce bags

Highlights

- The 2026 Englewood Village Market (EVM) starts on June 13th and will be every other Saturday until October 24th
- On April 22nd & May 29th we hosted Community U-Pick Garden Days giving away a total of 170 produce bags and 170 chef tastings
- On May 16th, we distributed 200 fruit bags at the Save our Snap Block hosted by IMAN and the Greater Chicago Food Depository
- On May 16th, we distributed 300 fruit bags at the Chicago Run Spring Fun

Visit & Follow

Website:
growgreater.org

Instagram:
[@growgreaterenglewood](https://www.instagram.com/growgreaterenglewood)

Facebook:
[Grow Greater Englewood](https://www.facebook.com/Grow Greater Englewood)

Email:
connect@growgreater.org

Connect With Us

Visit GGE's [Healthy at Home](#) page for recipes, growing tips, info and resources for your family!

Interested in Volunteering?
[Sign up here!](#)



GROWING HOME

Growing Home is a USDA-Certified Organic urban farm, workforce development center and non-profit social enterprise in the Englewood neighborhood of Chicago. We believe that everyone deserves a good job, to eat well, and to live in a vibrant, supported community. We serve our communities through paid innovative employment training and local, healthy, affordable food.

Programming

Growing Home Farmstand: May–Oct
Weekly cooking demos and additional programming, vendors, and resources on the 3rd Thursday of each month.

Hyperlocal Pantry Deliveries:
Our produce can also be found at three pantries in Englewood through our whole growing season. We make weekly deliveries to The Salvation Army Red Shield Center, All Things Through Christ Outreach Ministries, and Koinonia Ministry. We deliver the day these pantries are open to ensure everyone has access to freshly harvested and properly stored produce.

Growing Home's Englewood Home Delivery:
our CSA-style produce delivery option. We delivered to 50 homes for 16 weeks through the summer with priority given for seniors and mobility impaired individuals. We provide our neighbors with free, fresh, seasonal vegetables directly to their door.

Highlights

- At our Farm Stand, we accept and match Link as well as Senior Farmers Market Nutrition Program vouchers. This year we had 850 customers and many more attend our Third Thursday events.
- Our food access programs have reached over 26,000 people over the past year.
- We will continue be a hosting site for Nourishing Hope's online market once per month. Sign up [here](#)!
- Join us at our Juneteenth Farmstand Celebration on June 18th from 12:30pm-3:30pm

Visit & Follow

Website:
www.growinghomeinc.org

Instagram:
[@growinghome](https://www.instagram.com/growinghome)

Facebook:
[growinghomeinc](https://www.facebook.com/growinghomeinc)

Email:
info@growinghomeinc.org

Connect With Us

- Email lfair@growinghomeinc.org or info@growinghomeinc.org, or call us @ 773-549-1336
- [Volunteer at our Farm](#)
- [Host Growing Home for a tabling event or workshop at your event](#)





The Inner-City Muslim Action Network (IMAN) is a community organization that fosters health, wellness and healing in the inner city. IMANs work in development of a food ecosystem in Englewood, Chicago Lawn, and surrounding areas includes the operation of the Go Green Community Fresh Market, a non-profit grocery store on the corner of 63rd and Racine, and the Food and Wellness Center client choice food pantry.

Programming

Food Distributions at the Food and Wellness Center: Tues – 10am-1pm; Thurs – 2pm-5pm
Twice weekly distributions of nutritious produce & food at our client choice food pantry.

Our Food Our Future Food Subsidy Program
An ongoing program at the Fresh Market which subsidizes the cost of local goods and kitchen staples to keep food prices affordable.

Urban Growers Collective Resiliency Card Program
IMAN has joined as one of the program partners to support improving food security by increasing the purchasing power of families and individuals while supporting local food economies. This program distributes of preloaded cards (\$25 for individuals; \$50 for households), allowing eligible participants are able to visit grocery stores, farm stands, CSAs, and food marketplaces that accept Resiliency Cards.

Highlights

- An average of 10% of all Gross Sales are discounted through 5% Englewood Resident discounts, Loyalty member rewards program, and special offers.
- Two separate cohorts of the “Fresh Boost” program, with Kennedy King College and Blue Cross Blue Shield/IMAN Health Center, have provided in-store credit to over 40 individuals.
- The Fresh Market works with 25+ Local or BIPOC food vendors
- The Fresh Market has over 8,000 rewards members as part of our loyalty program. The loyalty program offers additional discounts for repeat purchases.

Visit & Follow

Website:
Imancentral.org

Instagram:
[@Imancentral](https://www.instagram.com/Imancentral)

Facebook:
[Iman Central](https://www.facebook.com/ImanCentral)

Email:
info@imancentral.org

Connect With Us

- Sign up [here](#) for email marketing to get announcements on events and receive special offers
- Interested in volunteering at the Food & Wellness Center? please contact samaria.harris@imancentral.org.
- Vendors, organizations, or individuals interested in partnering with the Fresh Market can reach out to freshmarket@imancentral.org or call (773) 432-8111





Imagine Englewood if (IEi) is the longest-serving nonprofit in Englewood dedicated to creating safe and empowering spaces for youth in the Greater Englewood community. IEi strengthens the Greater Englewood community by teaching local youth and their families positive communication skills, healthy living, and environmental awareness.

Programming

Plant to Plate: Garden Therapy

Connecting with community, learning how to grow and maintain a garden, and exploring how we can utilize nature as a therapeutic resource.

Plant to Plate: Cooking Demo's

Using delicious plant based food as a connector for conscious conversation, food and nutrition education, and free food tasting!

Englewood Strong Peace Pantry: This program allows us to donate shelf-stable foods to the community, whether they are coming to pick up or we are doing our bi-weekly deliveries to families and seniors unable to travel. These items are specially catered to what the community asks of us.

Highlights

- Community members can receive meals Monday through Friday, from 11am–2pm. The meal includes a sandwich, chips, water and other snacks.
- Every Tuesday and Thursday, we have non-perishable food available for pickup. This includes rice, pasta, canned beans, and more!
- On May 2nd, we hosted the annual Greater Englewood Unity Day

Visit & Follow

Website:

imagineenglewoodif.org

Instagram:

[@imagineenglewoodif](https://www.instagram.com/imagineenglewoodif)

Facebook:

[Imagine Englewood If...](https://www.facebook.com/ImagineEnglewoodIf...)

Email:

programs@imagineenglewoodif.org

Connect With Us

- Pop out to be a participant in the cool things we've got going on The Peace Campus!
- Contact us to donate to our Peace Pantry!
- Sign up [here](#) to volunteer with us this summer





Living Hope Kingdom Ministries is a loving, family-oriented, kingdom-focused ministry. We look to share God's transformative power to be activated in the lives of those who attend our services.



Programming

Hot Meals Giveaway

We provide hot meals and toiletries to the community every 2nd Saturday of the month

Non-Perishable Groceries Giveaway

We provide groceries to needy families in the community every 4th Saturday of the month.

Highlights

- Join us at our upcoming events at one of our hot meals or non-perishable giveaways
- Join us on August 1st for our Summer Health Fair / Evangelistic Event from 1pm-5pm

Visit & Follow

Website:
LHKMinistries.org

Facebook:
[Living Hope Kingdom Church](https://www.facebook.com/LivingHopeKingdomChurch)

Email:
LHKMinistries1@gmail.com

Connect With Us

Email us to donate and support our LHKM Food Pantry!



Sistas In The Village is an urban farm in the Englewood neighborhood of Chicago committed to growing food to nourish an intergenerational African Indigenous community. At Sistas In The Village, we're reclaiming farming as a source of cultural pride and spiritual resilience.

Programming

Spring Kick Off

We sprung into Spring with our first volunteer day of the season on April 18th in partnership with 93 Boyz. We had our biggest turnout thus far! DJ Hakim Dough gave us a boost of energy with his set, and Frogtown Juice provided fresh local juice.

Wednesday Farm Stand (starting July)

We will have a farm stand every Wednesday evening from 5-7pm. At the farm stand we will sell produce we have available that week, Sistas In The Village merchandise, and plan to have a make your own bouquet station.

Highlights

- Season kickoff volunteer day with 93 Boyz
- Beginning to plant seedlings and seeds
- Added in 8 fruit trees - some saplings were grown by Kenwood High School students! And we planted fruit trees from GGE & Openlands' tree giveaway

Visit & Follow

Website:

www.sistasinthevillage.com

Instagram:

[Sistas in the Village](https://www.instagram.com/sistasinthevillage/)

Facebook:

<https://www.facebook.com/sistasinthevillage/>

Email:

sistasinthevillage7@gmail.com

Connect With Us

- Check our social media and website for spring and summer volunteer opportunities; they'll be posted throughout the season
- We hope to host a couple of community workshops and dinners this season — stay tuned for details!





Think Outside Da Block aims to build healthy and peaceful communities. To achieve this objective, we must address the root causes of violence, social norms, marginalization and overall health of the community, including but not limited to environmental and economic development.



Programming

Roll N Peace 13: Eat N Peace Edition
reflects THINK OUTSIDE DA BLOCK's belief that health, peace and community are strongly interdependent concepts rather than strict synonyms. By combining physical activity, nutrition, community and fun; this program supports a future where residents will have access to safe streets, healthy food, and a community that's connected & thriving.

Light in the Night (LIN)
The goal is to re-establish spaces as safe for all community members to convene and connect. Events further foster relationships between residents and local stakeholders including neighborhood organizations, community leaders, government officials, police, etc. TODB hosts a total of 5 public safety activations per month.



Highlights

- We've hosted a total of 21 activations between March and May 13th, and serving a total of over 2100 attendees
- We've been very intentional about collaborating, strengthening our relationships, and encouraging more consistent collaborations between our partners
- Join us on June 13th, at our Roll N Peace 13 (RNPXIII): Eat N Peace Edition. Click [here](#) for more details



Visit & Follow

Website:
thinkoutsidedablock.org

Instagram:
[@thinkoutsidedablock](https://www.instagram.com/thinkoutsidedablock)

Facebook:
[Think Outside Da Block](https://www.facebook.com/ThinkOutsideDaBlock)

Email:
info@thinkoutsidedablock.org



Connect With Us

- In our efforts to becoming more conscious and incorporating health and wellness into our public safety activations, we invite our partners to collaborate with us for events that align. Resource vendor opportunities at our monthly activations via this link [here](#).
- Beyond Da Block is an opportunity for Greater Englewood youth ages 14-21yo who have been disconnected from school for 90 days+ to receive supportive services with the goal to be reconnected to school and provided resources such as mental health services, mentoring, workforce development, etc. for a stipend. Contact Charice@thinkoutsidedablock.org for more information



Teamwork Englewood is a community-based organization that provides direct services and community programming to improve the quality of life of Greater Englewood residents.

Programming

Englewood Food As Medicine Project (F.A.M.) Program

encouraging residents to improve their nutrition and overall wellness. Running in 3 month cohorts, we offer nutrition workshops, fitness activities and food assistance. The goal is to make healthier living more accessible and affordable, while supporting residents in preventing and managing chronic illnesses.

I Heart Englewood Health and Wellness (HAW) Bootcamp Series

Join free step aerobics classes every Monday 5:30-6:30pm at Englewood Stem highschool, beginner friendly, kick start your health journey today. Blood pressure screenings, refreshments, and other resources provided during each class. Last class is 6/1/25.

Highlights

- 52 participants in our HAW Bootcamp series so far in 2026!
- On May 13th, we started our F.A.M Program, sign up [here](#) if interested.
- Join us at our upcoming events!

Health and Wellness Bootcamp:
6/1 5:30-6:30pm, 6835 South Normal

Englewood Village Market Fitness Series: 7/11 & 7/25, 5822 S Halsted St

Visit & Follow

Website:
teamworkenglewood.org

Instagram:
[@teamworkenglewood](https://www.instagram.com/teamworkenglewood)

Facebook:
[Teamwork Englewood](https://www.facebook.com/TeamworkEnglewood)

Email:
bhobbs@teamworkenglewood.org

Connect With Us

We aim to partner with CBOs and institutions to provide incentives for our FAM program.

We would love to meet one-on-one with partners to talk through future collaborations with FAM or current programs that they feel are in alignment with their vision and goals.

bhobbs@teamworkenglewood.org / 773-492-6104





Urban Growers Collective is a Black- and women-led agriculture nonprofit in Chicago. We aim to address inequities and structural racism in the food system and in communities of color. We cultivate eight urban farms on 11 acres of land, predominantly on Chicago's South Side.

These farms are production-oriented, and offer opportunities for staff-led education, training, and leadership development.

Programming

Grower and Herbalism Workshops

UGC hosts monthly workshops to share with the community our methods of growing food and practicing herbalism. All workshops have a sliding scale fee. Check out full descriptions and register through [here](#)

Setting the Table & Story Stewards

Setting the Table is CFN's quarterly series of community-led gatherings, uniting local leaders in Chicago neighborhoods. The sessions focus on food justice and collective strategies to improve healthy food access. This spring/summer with Story Stewards, CFN spotlights stories from Steward Ring Leaders and farmers dedicated to food sovereignty.

The Resiliency Card Program

increases purchasing power for individuals and families to improve access to fresh fruit and vegetables while strengthening local food systems. The cards are prepaid and used as a gift card at participating Market Partners locations.

Highlights

- With our Story Stewards Program starting, steward ring leaders and farmers share their wisdom highlighting the importance of growing and sharing fresh, healthy food, reflecting resilience and inspiring community-led change.
- With the Resiliency Card Program, it supports directing food dollars to community based markets, supporting neighborhood vendors and urban farmers and helping build a circular economy food system.
- Community members can connect with us throughout the summer by attending workshops, touring or volunteering at our farms, and attending CFN events like Summer Solstice and Setting the Table, where they can engage with our team through hands-on activities, discussion, and classes. Come by one of our farm sites from South Chicago to Grant Park, Roosevelt Square and our MKL Community Garden, we have general gardening and specialized Harvest Volunteer opportunities for everyone to contribute to our mission and to practice new skills along side our staff and your fellow growers on the farm.

Visit & Follow

Website:

www.urbangrowerscollective.org

Instagram:

[Urbangrowerscollective](https://www.instagram.com/urbangrowerscollective)

Facebook:

[Urbangrowerscollective](https://www.facebook.com/urbangrowerscollective)

Email:

info@urbangrowerscollective.org

Connect With Us

- Stay connected with us through the [Community Food Navigator App](#)
- [Come and volunteer with us](#) on the farm! Volunteers collect credit to cover ticketed program costs like workshops and apprenticeships, as well.
- [Fresh Moves Mobile Market](#) will be making regular stops throughout the summer-fall. We accept all forms of payment, offer LINK Match and are supporting a pay-what-you-can model.
- Learn more about the [Community Food Navigator's Resiliency Card](#).



Community Changemakers



Desiree Robinson, not only an amazing block steward, but someone who really brings joy into a community! From her inviting energy to her dance moves, we appreciate the way Ms. Des not only shows up but the dedication and heart that she shows up in every room she walks in



Jarvis Burkes, a parent in our community who shows up with care and consistency, and supports his daughter in our afterschool program. His presence reaches far beyond, building genuine relationships with our youth and actively contributing his time and energy. The children know him, trust him, and engage with him in a way that reflects the power of true community. Jarvis doesn't just take part, he pours back in, showing up with a strong village mentality. Thank you, Jarvis, for showing up!



John Hooks and Lester "Salt" Salters keep our operations strong, with John's calm problem-solving and Salt's unmatched energy and heart helping us serve the community with dignity and joy.



**Thank you for visiting our
Spring/Summer Cookbook!**

**Stay connected with us at our
Healthy at Home Website:
www.growgreater.org/healthyathome**