



Propagating the Imagination
and the
Art of Gardening...

SMELL THE FLOWERS

IF YOU'RE

BORED

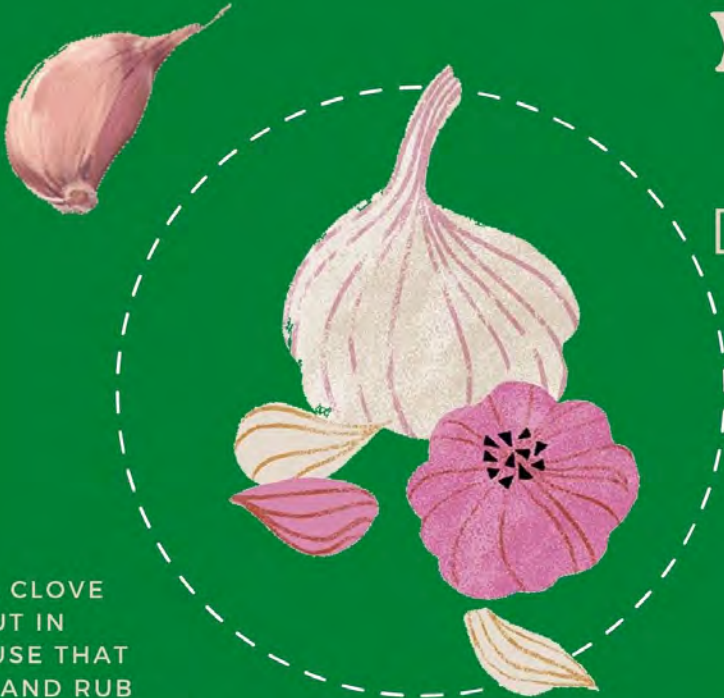
SAD

ANGRY



I FELL IN LOVE WITH YOU

A· JO
[GARLIC]



TAKE A CLOVE
AND CUT IN
HALF. USE THAT
CLOVE AND RUB
IT ON YOUR
ACNE. WASH
WITH COLD
WATER. THIS
HELPS WITH
SHRINKING THE
ACNE.

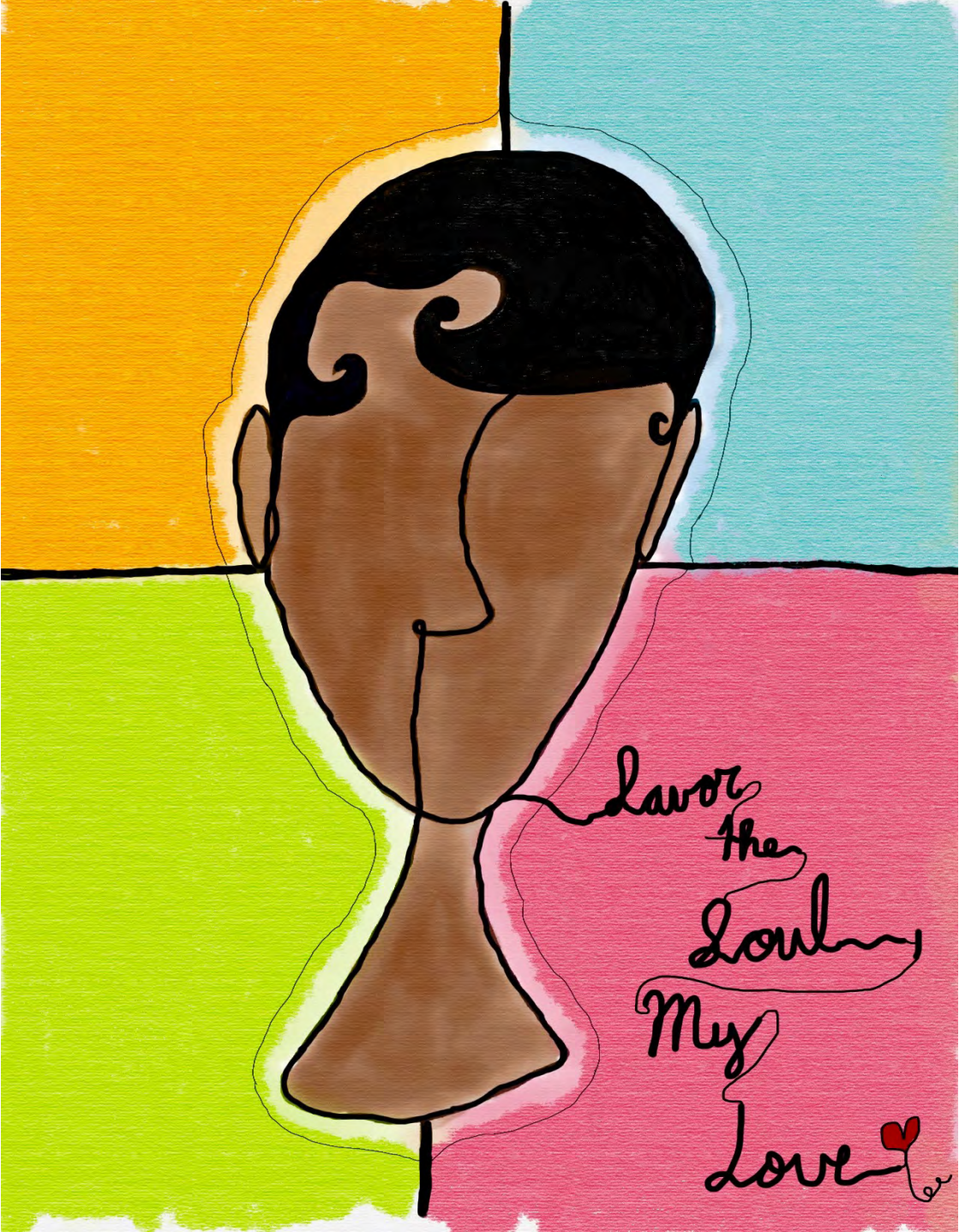


MY FAMILY HAS A PRACTICE OF USING

GARLIC CLOVE FOR TREATING ACNE. I

LOVE THIS PRACTICE BECAUSE IT'S

USING A NATURAL PRODUCT



I love
the
sound
of
my
love 



Thee Nut de Traveler 11/20
Cayenne 11/20
Lemon 11/20
Lemon 11/20

We stole a pumpkin

MY OCTOBER FAVORITES ;-)

- CHAMPAGNE
- GINGER ESSENTIAL OIL
- REALITY TV
- SNAPCHAT
- HYSOP
- CHLOROPHYLL LIME, ACV + CAYENNE | COLD CUCUMBER + MINT WATER
- BILL WITHERS
- STRAWBERRY GELATO
- CLASSIC GOSPEL PLAYLIST ON FRIDAY MORNING RUNS

GINGER ESSENTIAL OIL

Yo tell me whyyy I go to the bathroom to get my rub a dub on. I step in the shower, and I see a new essential oil. Its ginger essential oil. (Me and my homegirl be having all the ingredients for a good shower b/c they are SACRED. They just elevate the experience tenfold baby try ittt) Anyways, I sprinkle a lil on the corners of the shower and IMMEDIATELY THE GAME CHANGED. Ive never seen the game change before my eyes like that. A portal opened. Need I truly say more?

CHAMPAGNE

I cannottt tell you the last time ive had a week without champagne. I just feel like every week I get through is something worth celebrating. If you've never drank champagne in the shower with Janet Jackson blasting, put it on the self-care to do list. There's also something about the pop that just sits right with me. We love a dramatic entrance.

Cook's for 6.99 at the Walgreens up the street, I just wanna thank u<3

REALITY TV

In a time of social isolation , sometimes I just wanna see people drag one another in good fun. Some shows Ive been watching: Real Housewives of New York, The Come up Miami, The Come Up Atlanta, G-STATUS Atl Hustle, and Chasing Atlanta . The last 4 are very close to my heart BECAUSE WE SUPPORT QUEER, INDEPENDENT ,BLACK-OWNED REALITY SHOWS PURRRR.





SNAPCHAT

Lets talk about the 'Memories' section of Snapchat for a second. Im such a sucker for nostalgia first of all, but second of all its the way that they put me in awe of where I once was like ??WHO IS THIS?????. It can go from heartwarming to sooo damn embarrassing in a smooth 2.5 . Also, who are all these people?? Is it just me or does everybody have the most random people on Snapchat. I am legitimately curious. My shit is like Ghost of Spring break 2015-2017's past. All in all though, snapchat is a solid substitute for when IG is doing the damn most I must say. Yall really be dragging it on here
lmaooo

CHLOROPHYLL, LIME, ACV + CAYENNE PEPPER IN CUCUMBER +MINT WATER

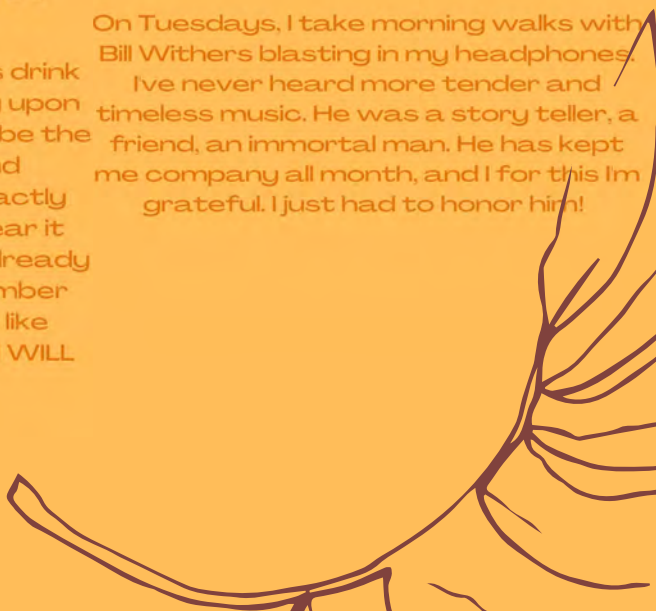
babyyyy, its the way that this drink uplifts every organ in my body upon the FIRST SIP. Water will never be the same. It is so hydrating and rewarding to drink. It was exactly what I needed in my life. I swear it was just sent to me. We had already infused our water with cucumber and mint, and one day I was like lemme just do a lil more? AND I WILL NEVER LOOK BACK

HYSSOP

As a spiritually sensitive and gifted person, spiritual hygiene is not only important to me but honestly vital to survival. Ive found out this month that spiritually cleansing myself regularly heavily contributes to my well being and implementing that into my weekly routine has brought me closer to my path and strengthened my power. Hyssop does an amazing job of stripping away any energies that do not belong to me, as well as rejuvenating me. Shoutout to my girl
<3333

BILL WITHERS

On Tuesdays, I take morning walks with Bill Withers blasting in my headphones. Ive never heard more tender and timeless music. He was a story teller, a friend, an immortal man. He has kept me company all month, and I for this Im grateful. I just had to honor him!



STRAWBERRY GELATO

if you know you know, Period

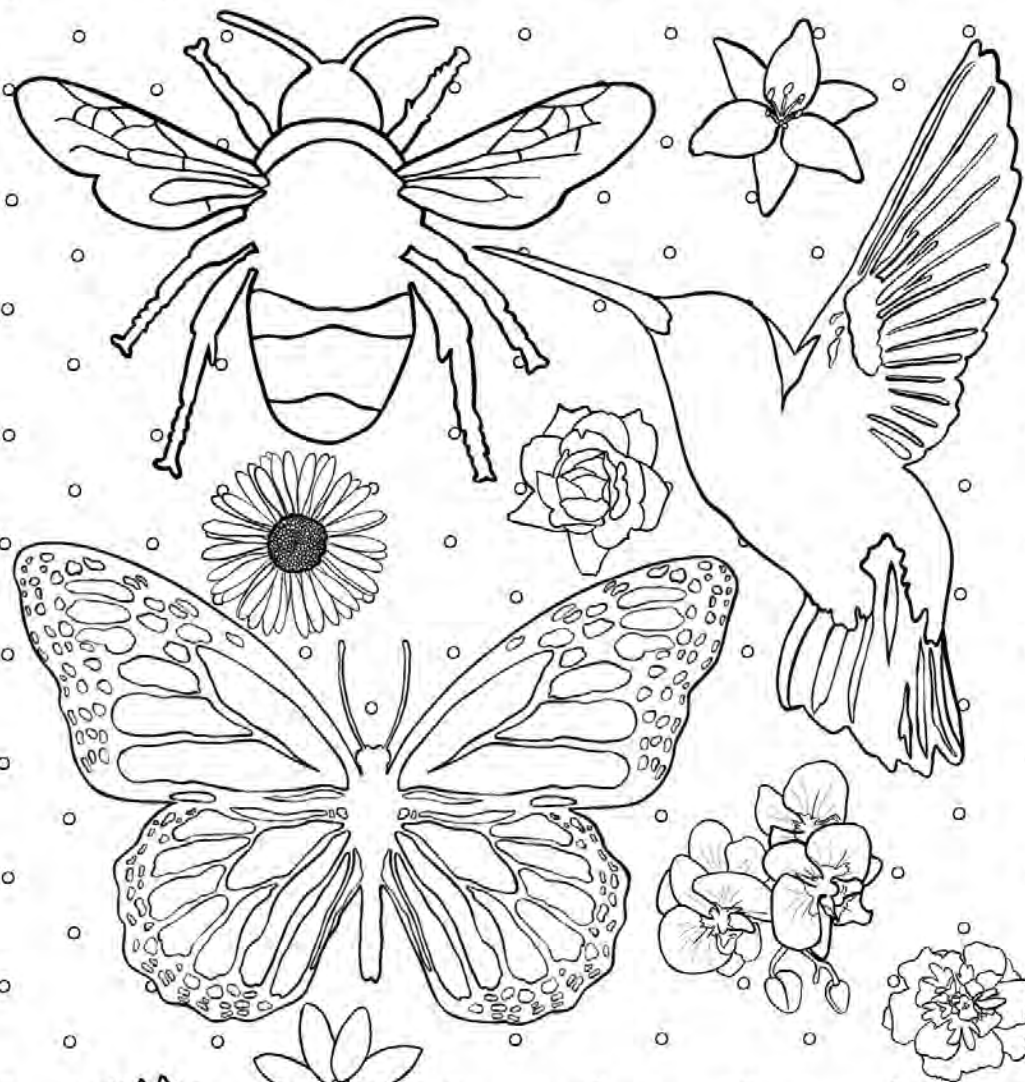


CLASSIC GOSPEL PLAYLIST ON FRIDAY MORNING RUNS

Ok so let's talk a little bit about this playlist, I usually listen to it on plane rides because I mean when you that close to the heavens you need to act accordingly.

But I recently started playing it on my Friday morning runs and its really the way I be floating over the sidewalk for me. Its the way that I grow wings and literally levitate over every nook and cranny. Like ?? the power I possess when the Clark Sisters let me know that WE ARE BLESSED AND HIGHLY FAVOOREDDD??

How could I not ascend?



POLLINATORS

Are animals that help move pollen between flowers.
Without their crucial role in fertilizing, many fruits and
vegetables wouldn't be produced!

a taste of home from the philippines



BAWANG

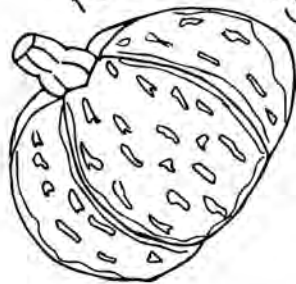


AMPALAYA

OKRA

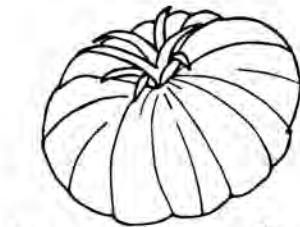
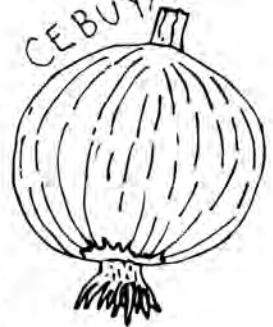


KALABASA



SITAW

CEBUYAS



KAMATIS



LUYA



TALONG

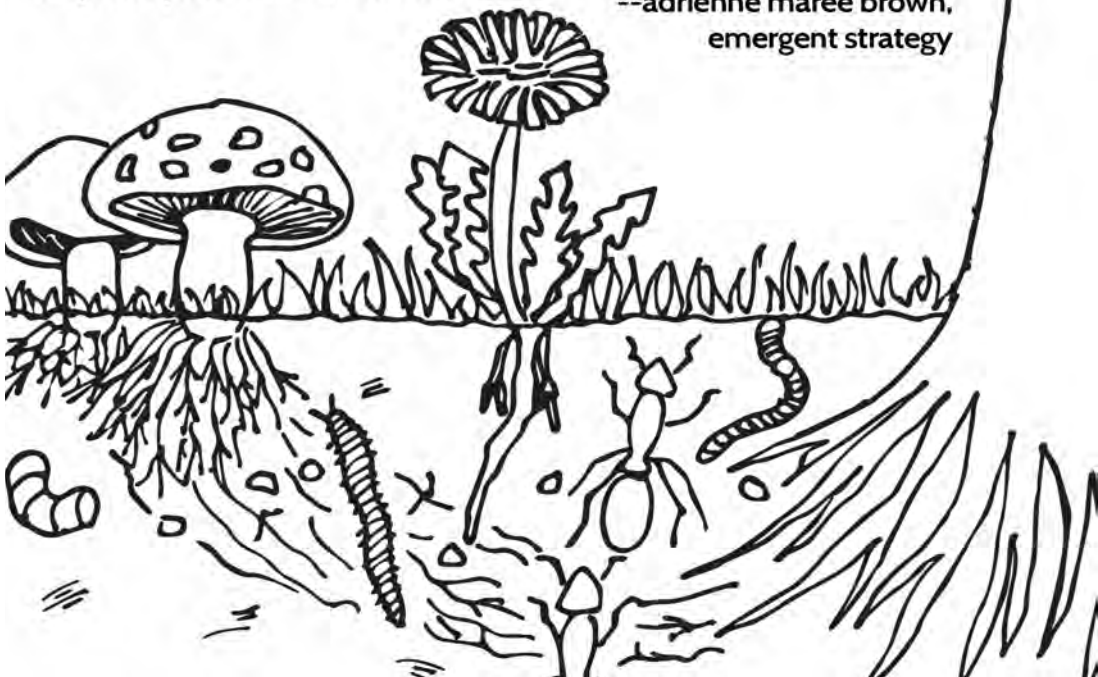


a mushroom is a toxin-transformer

a dandelion is a community of healers
waiting to spread

oak trees don't send an intention to listen
to each other better
or agree to hold tight to each other
when the next storm comes
under the earth
they always reach for each other

--adrienne maree brown,
emergent strategy



The UIC Heritage Garden is a hands-on learning project with an internship component at the University of Illinois at Chicago. It is a project of the Centers for Cultural Understanding and Social Change, with infrastructure provided by the Latino Cultural Center. This zine was made by the 2020-2021 student cohort. For more information please visit our website.

www.heritagegarden.uic.edu



**Centers for Cultural
Understanding
and Social Change**