UIC Heritage Garden

Propagating the Imagination and the Art of Gardening

# Page 1. Cover Page

Image description: UIC Heritage Garden logo in the middle of the page in a circle with a diagonal line crossing behind it. The line divides the cover in half. The title is on the lower right corner in an orange background. The left-hand side of the cover includes multiple colors and shapes overlapping each other.

# Page 2. Smell the Flowers

Smell the Flowers if you are Bored, Sad, Angry.

Image Description: Text in large letters that cascade down the right side of the page. Each emotion is represented by a line figure drawing. One figure lifts its hands to point to the words to its right. The second figure holds its hands to its face as they cry. The third figure shows its profile in the lower right corner with an angry frown. Different flowers of multiple colors and shapes, including line and life like drawings, fill the bottom of the page.

# Page 3. I fell in love with you.

## A•Jo [Garlic]

Take a clove and cut it 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.

Image description: Proper purple like heads of garlic and cloves of garlic in the middle of the page the background is green with a dashed circle around the garlic. There is an alien flower from the top. While most of the background is green the left the right bottom corner looks like it's been torn off and you can see a Brown paper.

# Page 4.

Image description: The outline of a face and neck with dark curly short hair in the middle of the page. The background is divided into four squares of different colors. There is an orange one, a light blue one, a light green one, and a light pink one. From the outline of the face there is a line of ink that traces the words in the lower right hand square: Savor the soul, My love. The words, in cursive, make their way down the pink square towards the bottom of the page. They end with a little drawn heart.

# Page 5.

A collage of several pictures including: different people of different ages, yellow and orange flowers, succulents, ceramic artwork, a cat, multiple dogs, vegetables including red peppers, Polaroid pictures and more. On the bottom right hand corner is a person sitting cross legged holding a pumpkin with the words “we stole a pumpkin” written in front.

# Page 6. My October favorites

Image description: The next 3 pages include a series of texts on different topics. Each topic is in its own square. Each page is divided in four squares. The pages are orange and the font is a darker orange. Throughout the pages there are outlines of parts of flowers and other things that echo the images in the zine.

## My October favorites ;)

* Champagne
* Ginger essential oil
* Reality TV
* Snapchat
* Hyssop
* Chlorophyll, lime, ACV plus cayenne! Cold cucumber plus mint water
* Bill Withers
* Strawberry Gelato
* Classic gospel playlist on Friday morning runs

## Champagne

I cannot tell you the last time I've 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 at dramatic entrance. Cook’s for 6.99 at the Walgreens up the street, I just wanna thank you (heart).

## Ginger essential oil

Yo tell me why I go to the bathroom to get my rub a club on. I step in the shower and see a knew essential oil. It's ginger essential oil. (Me and my homegirl be having all the ingredients for a good shower because they are SACRED. They just elevate the experience tenfold baby try it.) Anyway, I sprinkle a little on the corners of the shower and IMMEDIATELY THE GAME CHANGED. I've never seen the game change before my eyes like that. A portal opened. Need I truly say more?

## Reality TV

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

# Page 7.

## Snapchat

Let's talk about the ‘Memories’ section of Snapchat for a second. I'm such a sucker for nostalgia first of all, but second of all it's the way that they put me in awe of where I once was like?? WHO IS THIS???? It can go from heartwarming to so 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 to 2017's past. All in all though, Snapchat is a solid substitute for when IG is doing the damn most I must say. Y'all really be dragging it on here LMAO

## Hyssop

As a spiritually sensitive and gifted person, spiritual hygiene is not only important to me but honestly vital to survival. I 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. Shout out to my girl (multiple hearts).

## Chlorophyll, Lime, ACV plus Cayenne Pepper in Cucumber plus Mint water

Baby, it's 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 let me just do a little more? AND I WILL NEVER LOOK BACK.

## Bill Withers

on Tuesdays, I take morning walks with Bill Withers blasting in my headphones. I have 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 I'm grateful. I just had to honor him!

# Page 8.

## Strawberry Gelato

If you know you know, Period

## Classic Gospel playlist on morning 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 it's really the way I be floating over the sidewalk for me. It's 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 FAVORED?? How could I not ascend?

# Page 9. Pollinators

Pollinators are animals that help move pollen between Flowers. Without their crucial role of fertilizing, many fruits and vegetables wouldn't be produced!

Image description: The page is black and white with different shapes of pollinators and Flowers spaced throughout it. There is an outline of a bee, a hummingbird, a monarch butterfly, sunflowers, roses, orchids, marigolds, and other members of the Daisy family. The title and wording is on the bottom right hand corner. The background includes little outlines of circles throughout the page.

# Page 10. A Taste of Home

## A Taste of Home from the Philippines

Image description: Line drawings of different fruits and vegetables from the Philippines spread out through the page. These include Ampalaya, Bawang, Okra, Kalabasa, Sitaw, Cebuyas, Kamatis, Talong, and Luya.

# Page 11.

A mushroom is toxin-transformer

a dandelion is a community of healers waiting to spread

Oak trees don't sent 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.

Image description: All are line drawings. There is an Oak tree on the right part of the page. Its leaves, trunk, and roots spanning the whole of the left side of the page. Underground the roots of the tree reach out and form a connection with mycelium that become mushrooms on the left side of the page. Between the mushrooms and the tress, in the soil line, there is a dandelion with its taproot reaching deep into the earth. There are ants, earthworms, grubs and other insects crawling in the ground. A bird flies up towards the Oak tree. The sun shines in the left upper corner. The words are written in between the sun in the beginning of the plants and the soil line.

# Page 12. Back Cover

The UC 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 to 2021 student cohort . For more information please visit our website. [Www.heritagegarden.uic.edu](http://Www.heritagegarden.uic.edu)

Image description: On an all orange background, the letters describing the project are in the lower right hand corner, including the website address (which is more centered on the page). Below the text, also centered in the page and at the bottom, is the logo for the UIC Centers for Cultural Understanding and Social Change.