

**Round-trip  
trolley  
service from  
Manhattan!**



**FUN FOR THE  
WHOLE  
FAMILY!**

# BRONX URBAN FARM TOURS ALL ABOARD!

ALL ABOARD, FOR A NARRATED GROUP TOUR OF SOME OF THE BOROUGH'S MOST AMAZING WORKING FARMS, WHERE COMMUNITY FARMERS TEND TO THEIR PLOTS OF LAND, MICRO-ENTREPRENEURS HARVEST HONEY, AND CHICKENS ROAM FREELY.

## **June 11- Taste of the Latin Caribbean: Puerto Rican history in the Bronx**

Join us as we highlight the agricultural contributions of the Puerto Rican community and culture in NYC on the eve of the National Puerto Rican Day Parade. Enjoy an organic lunch incorporating some of the native flavors of the island. Bilingual tour guide will be provided.

### **Tour activities include:**

"Get Dirty" gardening session - Discover Taino culture through gardening, growing practices and common crops! Taste some sprouted *arroz con frijoles*, a healthy spin on this traditional Latin dish.  
Salsa dancing lesson and live music jam session  
Learn the basics of composting and raising chickens  
Complimentary lunch provided to trolley riders

## **July 30 - Hip-Hop & Food Historical Tour: Beats and Beets!**

Experience the birthplace of Hip-Hop music in a whole new way as we embark on a rhymatic, delicious healthy food journey! Dance, rhyme and eat your way to a healthier lifestyle! Meet legendary Hip-Hop pioneers as they guide you on a tour of hip-hop music, good food and healthy living.

### **Tour activities include:**

Hip Hop poetry slam  
Old school hip hop music jam hosted by world-famous Hip-Hop pioneers  
Healthy food recipe cards  
"Get Dirty" - Interactive gardening session  
Learn the basics of composting and raising chickens  
Complimentary lunch provided to trolley riders

## **August 20 - Growing food, chicken and bees!**

(Almost sold out – limited seats available) This tour is also part of the American Community Gardening Association's annual conference. Please visit [www.communitygarden.org](http://www.communitygarden.org)

## **September 10 - Taste of Tuscany: Italian culinary tour from seed to plate!**

(Featuring a tour of Mario Batali's Edible Garden, the Italy Garden and the Bronx's historic Arthur's Avenue )

Feel like you're touring the Tuscany countryside as you embark on a delicious culinary exploration of various Italian herbs and vegetables. Embrace the beauty of the borough's ecological treasures at some of New York City's biggest urban farms!

### **Tour activities include:**

Grape Stomping! Old world wine-making practice! (Feet washing station provided)  
Italian herbs tasting at The New York Botanical Garden's Mario Batali's Edible Garden.  
Cheese-making workshop offered by Mike Greco of the famous Mike's Deli  
Tour of Bronx's Historic Little Italy (Cheese shops, butcher shops, bread shops & more)  
Lunch will not be provided – Many food options available for purchase at Arthur's Avenue

## **October 15 - Roots of Soul Food: African American food traditions tour**

(Almost sold out – limited seats available)

Explore the roots of African American cuisine on this exciting tour of Bronx's bountiful community gardens.

**Arrival time:** 9:30AM at The New York Visitors and Convention Bureau, located on 810 7th Avenue (and 52nd Street), Manhattan. 10AM sharp departure from midtown Manhattan, 3PM return.

**Cost: \$30/per person. Limited complimentary (free) tickets available - Email for more information!** RSVP required. All proceeds go towards the support and programming of Bronx community gardens.

To register, or for more information, call 718.817.8026 or [bronxfoodsummit@gmail.com](mailto:bronxfoodsummit@gmail.com)

Co-hosted by The Bronx Food & Sustainability Coalition, The Bronx Tourism Council, and Bronx Green-Up/The New York Botanical Garden.