

Fortify: Building Bone Density & Strengthening Your Impact
My Rose, Bud, Thorn and Juicy Peaches!



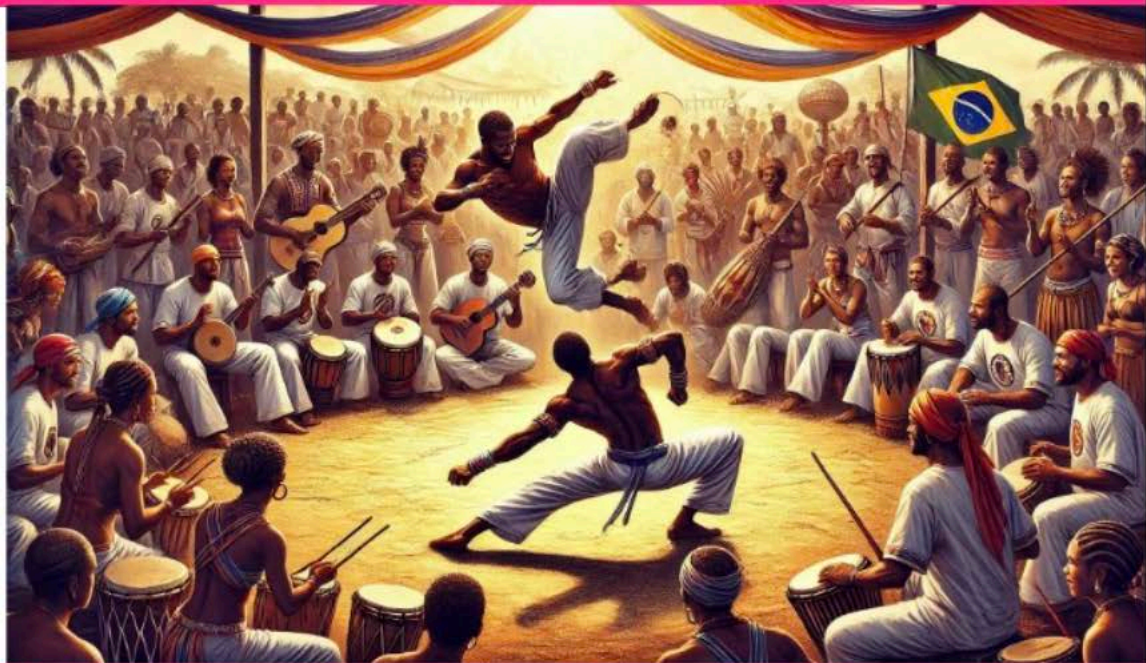
Izula Jade (She/They/Yeye) : Farmer · Herbalist · Prayer Warrior · Birthkeeper · Capoeirista
Sankara Farm, Kansas City – Occupied Missouri-Iowa Territory



Something good happening right now; something really working for you, with you and through you

*EMBODIED MOVEMENT AS
MEDICINE*

Capoeira: an Afro-Brazilian martial art and dance of liberation born from the prayers, drums, rhythms & bodies of African people who were enslaved across the Diaspora in the Americas.



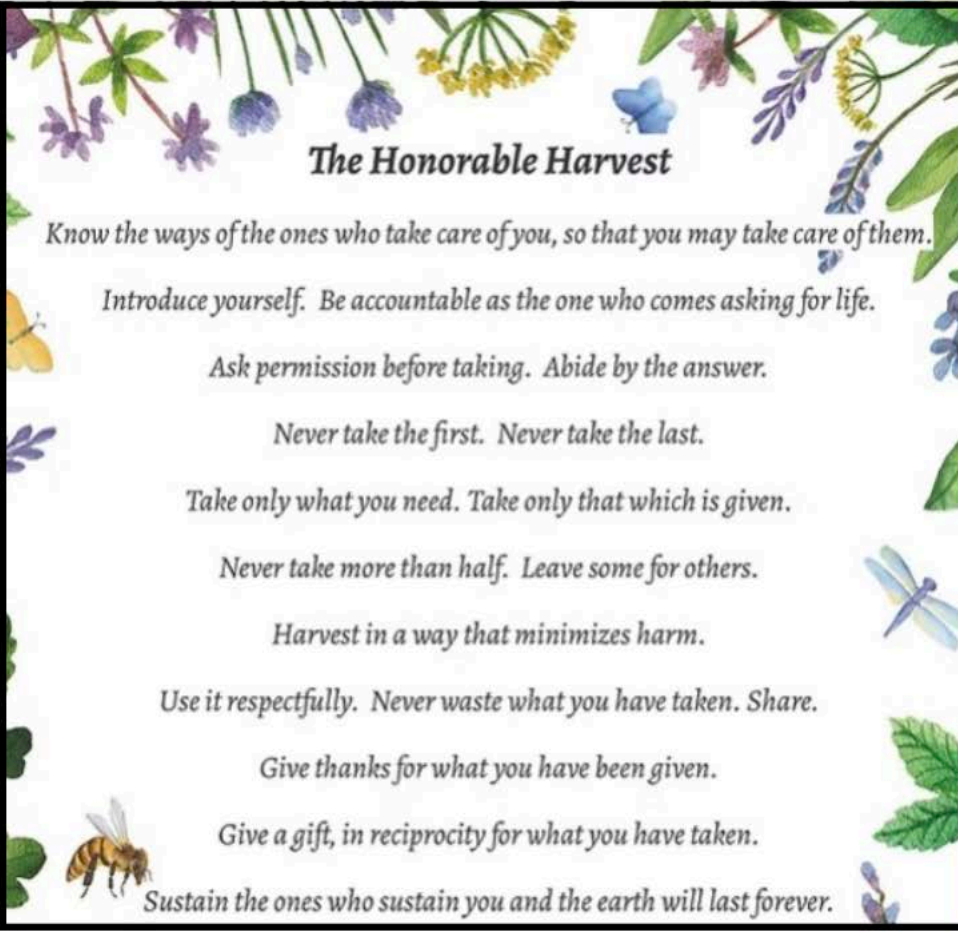
"My body, slowly, breath by breath step by step, season by season, is becoming home again."

THORN

Something stressful; something that takes your brain and heart space



"The same hyper awareness that trauma created in me also made me a deeply attentive farm(her)."



The Honorable Harvest

Know the ways of the ones who take care of you, so that you may take care of them.

Introduce yourself. Be accountable as the one who comes asking for life.

Ask permission before taking. Abide by the answer.

Never take the first. Never take the last.

Take only what you need. Take only that which is given.

Never take more than half. Leave some for others.

Harvest in a way that minimizes harm.

Use it respectfully. Never waste what you have taken. Share.

Give thanks for what you have been given.

Give a gift, in reciprocity for what you have taken.

Sustain the ones who sustain you and the earth will last forever.

 *BUD* 

Something new and forthcoming on the horizon

Ask Permission Before Taking

Listen for the answer

Take only what you need

Never take more than half

Give thanks for what is given

Give back in reciprocity

Share what you have received.

Robin Wall Kimmerer – Braiding Sweetgrass (pg

*¹⁸³) "The honorable harvest is a framework
for consent — and consent is how we
begin to heal."*

🍑 JUICY PEACH 🍑

The fun wild card — practical wellness tip to take home!

Soil & Soul Cacao

*A ritual in a cup — adaptogenic heart medicine
for a Fortified Farm(HER)*

Blend together first:

- 1-2 tbsp raw cacao powder
- 1-2 tbsp coconut sugar
- ½ tbsp maca powder
- ½ tbsp ashwagandha powder
- 2-3 tbsp raw honey or maple syrup
- 2 tbsp rose petal flower essence water

Then whisk in:

- 8-16 oz warm, creamy frothy coconut milk
- A dash of vanilla
- A sprinkle of cardamom
- A dash of Himalayan Sea Salt



Remember to give yourself flowers.



(anytime and for no reason at all.)

The Ritual:

Blend your powders with honey and rosewater first —
slowly, by hand.

Let them fully come together and merge before anything
else joins them.

Then gently whisk in your warm milk.

Optional: Sprinkle Rose Petals on top

Before drinking, Breath deep. Pause. Smell it.

Hold the cup to your Heart.

Speak your gritudes.

Take a Sip and Cherish the texture

and then when ready, receive it fully,
as an act of heartfelt nourishment and presence.

This drink is medicine. The cacao opens the heart. The adaptogens fortify the spirit. The rose tends to the tender places. The honey reminds you that sweetness is your

Thank you. You are not alone.

WOMEN FARMERS AGING STRONG



**"Liberation of the soul
through restoration of the soil."**

