



Nyema Clark is the Executive Director and Farm Queen at Nurturing Roots, a farm and community garden committed to addressing food justice issues in the Beacon Hill Neighborhood in Seattle. Nyema dives into their grow-your-own program Nurturing Your Roots at Home and we talk about how farmers and food-growers can prepare for the long haul in the midst of pandemic.

In the episode we talk briefly about [Living Well Kent](#), a group of Kent residents and community-based organizations united to achieve health equity through

policy, systems, and environmental change.

To learn more about Nyema and Nurturing Roots you check out their Facebook @NurturingRoots206 and Instagram @nurturingroots. If you want to support Nyema's work you can send donations to cashapp \$nurturingrootsfarm or PayPal at [nurturinginfo@gmail.com](mailto:nurturinginfo@gmail.com).

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