

The Power of Black Churches in Food Security:

A Discussion with Dr. Heber Brown

### **Description:**

In this episode, Rev. Russ speaks with Reverend Dr. Heber Brown, who leads the Black Church Food Security Network. They discuss the network's mission of connecting black churches and farmers to combat food scarcity and stimulate economic growth. Dr. Brown highlights the transformative impact of this initiative on communities and the importance of reestablishing connections with the land.

The discussion also touches on the significant role black churches play in taking control of their food destiny, not just for better health outcomes but also to improve quality of life. They explore how supporting local black farmers and investing in their infrastructure is crucial to the success of this mission.

### **Takeaways**:

* The Black Church Food Security Network is a national initiative connecting black churches and farmers to create a self-sustaining ecosystem addressing food insecurity and promoting economic growth.
* Dr. Heber Brown, the network's executive director, shares the transformative impact of the initiative on communities, including initiatives like church gardens and hosting black farmers' markets.
* The network extends its reach from Los Angeles to Harlem and Florida, emphasizing reestablishing connections with the land through black farm tours and promoting healthier communities.
* The episode delves into the significance of black churches taking control of their food destiny, influencing health outcomes and quality of life.
* The support of local black farmers and investment in their infrastructure is pivotal to the success of this endeavor, helping to amplify community growth and well-being.

### **Other Key Points Suggested by Rev. Russell St. Bernard**

* Dr. Brown discusses the importance of maximizing land use by black churches and encourages pastors interested in community gardening to consider launching a church garden.
* The network's influence extends to helping churches utilize their resources more effectively, highlighting the importance of black churches taking ownership of their food destiny.
* The conversation explores creative ways of utilizing resources to benefit communities and emphasizes the importance of supporting the Black Church Food Security Network.

### **Resources**

* Dr. Heber Brown
  + Website: [Black Church Food Security Network](https://blackchurchfoodsecurity.net/)
  + Website: <https://www.heberbrown.com/>
  + Linkedin: <https://www.linkedin.com/in/heberbrown/>
* 5 Minute Pivot and Other Podcast by Rev. Russell St.Bernard <https://ministrypivot.com/conversations/>
* Articles from Rev. Russell St. Bernard: <https://ministrypivot.com/articles/>

### **Final Takeaway:**

* Dr. Brown envisions every black church in the United States adopting a black farmer and investing in their infrastructure, asserting that controlling what we eat can profoundly impact our health outcomes and quality of life.
* The episode concludes with a call to action for churches and community members to support the network, thereby contributing to the noble cause of promoting food security and economic growth in black communities.

**Discussion Questions: (discuss with your team or reflect on your own?)**

* The podcast highlighted the importance of reestablishing connections with the land through black farm tours. What other ways can communities reconnect with the land and promote sustainable practices?
* The Black Church Food Security Network creates an ecosystem that connects black churches and farmers. How can other communities and organizations replicate this model to address food scarcity and promote economic growth?
* In a world driven by instant gratification, how can we shift our focus toward creating value that stands the test of time? What challenges and rewards come with this shift?

# Podcast Resources

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