

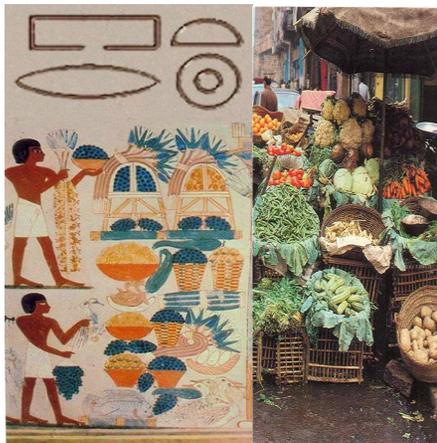
Join the TaNefer Ankh Community

**Creating  
Food Sovereignty and Security  
Through  
Community ~ Culture ~ Consciousness**

TaNefer Ankh Community recognizes that Food Sovereignty and Food Security are fundamental to our health and wellbeing and to our ability to achieve and maintain independence

**Our Food Program and Projects**

Community Farm	Seed Bank
Community Gardening	Food Pantry
Food Cooperatives	Composting
Food Retail – Stalls, Store, Club	Cooking Classes
Nutrition Program	Food Retreats



TaNefer Ankh Community is endeavoring to establish Food Sovereignty and Food Security through the control our food supply from seed to consumption. Our initiatives are to own and control the land, the seed (including variety), water supply, labor to nurture and harvest, distribution, production, trade, management, sale, and all other food related matters  
*Food is the basis of our health, wealth abundance and prosperity*

Contact Ta-Nefer Ankh

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**TaNefer Ankh**

*African-Centered Community  
Living KemetWay*



**Peret — The Food Season**



**Enjoying:  
Food Sovereignty and Security  
Through  
Community ~ Culture ~ Consciousness**

For information

Call: 443-453-3010 or visit: [www.TaNeferAnkh.com](http://www.TaNeferAnkh.com)

## Peret—Celebrating Food Tradition, Culture and Vision

### Food Tradition and Vision

During **Peret** – the spring season - we highlight the ‘body of knowledge’ associated with the seed and generating food. In Kemet (Northeast Africa) the Ntru give three seasons of 120-days each - (flooding, sowing, harvesting); whereas in the western hemisphere they give us four 90-day seasons - (winter [flooding], spring [flooding/sowing], summer [harvesting], fall [harvesting]). To follow the Ancestral-Traditional Calendar in this hemisphere we would plant our seeds during the winter months, which of course would fail. Instead we follow the **KemetWay-TaNeteru Calendar** – which places us in solar, lunar, stellar, and earth-centered alignment with the Ntru and the ‘*cycle of life*’ in the western hemisphere/environment - establishing for us cultural, intellectual and cosmic harmony with Creation.

### Peret - The Seed and Season for Growing Food

For a period of 90-days - from the vernal-equinox to the summer-solstice (mid-March thru June), the growing season - we plant and nurture the seed to fruition, abundance and prosperity. The Seed represents our promise of abundance and prosperity, food sovereignty and independence, as well as new and renewed life.

During the **Peret Season** we focus on producing and securing our food needs for as many, and for as long as possible. We engage in the ritual of tilling the soil, planting seeds, nurturing seeds, nurturing seedlings, cultivating our gardens and farms, harvesting fruits/produce, sharing, preparing, and storing food. We do family and community gardening and farming; as well as raise animals and bees; we create food co-ops and food pantries. We are engaged in every facet of producing and controlling our food from seed to consumption.

### Celebrating the Gift and Giver of the Seed - Ausar

During **Peret** we celebrate and pay homage to ntr Ausar for gift of the seed and the ‘farming way of life’. Throughout **Peret** we celebrate in ritual and ceremony each stage of the seed-plant life-cycle, and our food-sovereignty objectives. We celebrate all Ntru associated with food and new life– Auset, Het-Heru, Net, Het-Mehet, Amun, Ra, Nu, Shu, Geb, Nut, Khepra, and others.

Also, we celebrate our ‘Patron of the Seed’ Aku (Ancestor) - Ausar-Imhotep (formerly Dr. George Washington Carver) – in words, song, poetry, dance, and ritual for having an extraordinary impact and example on our contemporary knowledge of the seed and farming.

Our celebrations include traditional ceremonies - the ‘Seed Ceremony’; ‘Seedling Ceremony’; ‘First Fruit Ceremony’; ‘Harvest Ceremony’; ‘Food Gifting Ceremony’, among others; and celebrations of our vision - ‘Food Sovereignty Ceremony’; our ‘Community Unity Ceremony’, and others. The **Peret Season** includes focus on children and new life, new programs and projects, fasting, food knowledge classes and workshop, and food fairs – including displays and contests.

The **Peret Season** reconnects us with our tradition and vision of food abundance and prosperity

## Food Sovereignty and Security

### Food Sovereignty & Security

Our Aku (Ancestors) of ancient Kemet were given the gift of the seed and the first to introduce farming/agriculture around the ancient world. They (Africans) were the first to become food sovereign. With this knowledge and ‘way of life’ they transformed humanity to societies of abundance and prosperity, wealth and power. This was the status of Black people for thousands of years until white-conquests changed our status.

White invasions and wars of conquest the world over wrested from Black people our land and resources – primarily land, food and water. By controlling and dominating the most vital resource – food and water - White people have been able to impose themselves and dictate the lowest state of existence upon Black people – including impoverishment and illness. By way of enslavement, colonization, displacement and disenfranchisement have rendered Africans in America – in particular – dependent and dominated. Said control has been used hand-in-hand with other areas of domination to exploit Black people.

To end white domination and exploitation of Black people it is imperative that we gain control of our food supply and other vital resources. Food is primary. Feeding ourselves is a major step in Black empowerment and in neutralizing white domination. Food sovereignty enables us to channel our labor and resources in directions beneficial to ourselves.

To establish Food Sovereignty the **TaNefer Ankh Community** is endeavoring to control our food supply from seed to consumption. Our initiatives are to own and control the land, the seed (including variety), water supply, labor to nurture and harvest, distribution, production, distribution, management, sale, and all other related matters. To this end we are creating community, power and programs to render food sovereignty possible. We are possessed of the consciousness, desire and persistence at being food sovereign; this way of thinking is consistent with our identity, philosophy and practice

### Food Security

Food Security is another essential component of our food sovereignty – the insuring our ongoing food and water supply, and the ability to protect our food sources and substances against any seen and unforeseen threats. We are we putting in place structures to control, store, monitor, distribute, and protect our food supply against natural disasters, and against attacks – internal and external. Food Security is important because White people (including Arabs and Asians) persist in attacking our food control – including production & supply, and selling us inferior and fraudulent food products.

**TaNefer Ankh Community** recognizes that Food Sovereignty and Food Security are fundamental to our health and wellbeing and to our ability to achieve and maintain independence.