

OUR CORNER OF THE WORLD

SISTER CITIES MAGAZINE

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ISSUE 8

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Louisville Councilman
Peden tells us what Sister
Cities means to him.

SUSTAINING OUR CITY

Meet the local leaders at
the front of agricultural and
sustainability initiatives in
KY.

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A Mainz resident tells us
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Our cities show us their
local culinary highlights.



MONTPELLIER



JIUJIANG



LEEDS



QUITO



MAINZ



TAMALE



ADAPAZARI



LA PLATA



PERM

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MESSAGE FROM OUR DIRECTOR

BY XIAO YIN ZHAO

Dear Sister Cities Friends,

We are so excited to be sharing this issue of the Sister Cities Magazine, which explores the theme of Sustainable Agriculture. As a state that is largely agricultural, Kentucky has many organizations and individuals devoted to promoting farm products, innovative solutions to sustainable agriculture and providing access to fresh produce for under-resourced families.

In this issue, we have an opportunity to speak with several community leaders and agricultural specialists. They will be discussing the agricultural market in Kentucky and abroad, bringing farmers and food insecure neighborhoods together, and research into a more sustainable future.

As you peruse through these pages, you may be reminded of similar models in your cities or be inspired to learn more. Please use this as a resource to incubate ideas about how our sister cities can collaborate on a larger scale with each other, and create a more lasting impact in our cities and neighborhoods.

If you read something in this issue that interests you, see someone that you'd like to connect with, or you'd just like to learn more, please drop us a note at sistercities@worldkentucky.org.

Finally, we ALWAYS welcome your contributions and stories of your Sister City experiences.

Happy Summer!

QUESTIONS WITH COUNCILMAN PEDEN



Councilman James Peden was elected to the first Louisville/Jefferson County Metro Council in November 2002. He represents the suburban cities of Hollow Creek, Spring Mill and Heritage Creek as well as the neighborhoods of Highview, Okolona and Fern Creek.

We reached out to James to find out a bit more about him, why he cares about Sister Cities and what ways Metro Council can be more involved.

How long have you lived in Louisville?

I have lived in Louisville since I was 2, 53 years.

I love Louisville because of its little big city feel. Have most amenities, but nothing very far away.

You've been a supporter of Sister Cities for many years. What draws you to the work?

I feel it is important to reach out across our borders with other countries. We need to engage what they are doing bring home what will work here.

Economically in the country, cities not on the coast are ignored internationally. It is important to reach out and show others what we have to offer.

Have you ever visited one of Louisville's Sister Cities or a Friendship City before? What was it like?

I have been to Leeds, a city I feel we have let slip by the wayside. I had a great couple of days with Martin Dean, their Sister Cities coordinator but we have let that relationship slip away.

I have been to Jiujiang with Gov Collins several years ago as well. I have also visited Chengdu a couple of times. Am looking forward to the opening of the Louisville School.

What opportunities or activities would you like for Louisville to engage in with our Sister Cities?

I wish [the City Council] made an effort to make contact with each of our sister cities more often. Utilize the Metro Council to be the responsible person for each city. They could reach out monthly. New cities could be brought in under the Louisville Sister Cities umbrella. Use the resources available to get our cities name out in the world.

To find out more about the work of Sister Cities and the World Affairs Council please visit our [website](#).

LETTERS FROM ABROAD

*Marie-Luise Karst
Mainz, Germany*

MY VISIT TO LOUISVILLE

My name is Marie-Luise Karst, citizen of Mainz, and honorary president of the Friendship Circle Mainz-Louisville.

A long time ago, in 1984 I took students for an Exchange to Louisville. Fairdale High School had invited us, a group of 16 students and me the accompanying teacher. Since I had never been to the U.S.A. before this trip was a great honor for me but also a challenge. We all stayed with host families who made us feel at home in Louisville.

The greatest event while we were there was the Kentucky Derby. Some of us had the chance to go to the Oaks. My family, Bernhard and Eileen Strenecky, made me wear a gorgeous hat so that my students didn't recognize me. What a fun!

The most impressive thing was a visit of the Humana Hospital where we saw a man pushing his artificial heart in front of him on a trolley.

I returned the following year and a few years later Atherton High School became our Exchange Partner. During the following years Louisville became my second home, as my Kids said. My colleagues at School called it some sort of addiction.

We are very grateful for the overwhelming hospitality we enjoyed in Louisville and it was always very important for us to return a bit of it to the visiting Louisvillians.



I made the acquaintance of a lot of interesting people and it has always been a great pleasure to have visitors from Louisville in Mainz. City tours or trips along or on the River Rhine were a must and a great chance to learn more about Sister Cities and their countries.

My grandson, Paul Kallenberg from Mainz is a student at the UofL. His subject is Bio Engineering. He is a member of the Track and Field Team doing the Decathlon.

You see, I'm still connected with Louisville.

MEET OUR CONTRIBUTORS:



KARYN MOSKOWITZ

Karyn is the Executive Director of New Roots. If you would like to collaborate or learn more about the Fresh Stop markets please contact her at 502-509-6770 ext. 703 or email her at karyn.moskowitz@newroots.org.



TIM HUGHES

Tim serves as the senior Trade Advisor to the Kentucky Department of Agriculture. If you are interested in collaboration email him at timd.hughes@ky.gov.



JUSTIN MOG

Justin serves as the Sustainability Officer at the University of Louisville. If you are interested in a partnership or collaboration Justin can help you get in touch with the right people at the university. You can email him at justin.mog@louisville.edu.

GROWING THE FUTURE: AGRICULTURE & SUSTAINABILITY IN KY

BY LYDIA LEWIS

Like many of our Sister Cities, agriculture plays an important role in the economy of Louisville and Kentucky. With billions made each year from beef, soy beans, and spirits like bourbon many will be familiar with some of our most popular exports.

We wanted to hear from local leaders in trade, equitable food access, and sustainability to understand what they do in their roles and the opportunities and challenges associated with their work. But also, how Kentucky's agricultural economy and environmental impact fits into that work.

KENTUCKY TO THE WORLD

As you drive past farms across the Commonwealth you may wonder where exactly all of these products end up? As the Trade Advisor to the Kentucky Department Agriculture, it is Tim Hughes job to know.

The top five countries that Kentucky exports to are Canada, Japan, the United Kingdom, China, and Mexico. Others include Germany, Australia, Ireland and Spain. These countries receive products like distilled spirits (bourbon), horses, forest products, and more.

(Pictured below)
University of Louisville campus.
Bryan Cherry photo/UofL





One of the greatest opportunities for agricultural trade in Kentucky is that most of the world's population lives outside of our country, so the potential is enormous. The challenges, Tim states, is the ability to succeed in other markets depends on "logistics, perishability, pricing, political stability, purchasing power, and global competition".

Despite the challenges of increasing the number of countries Kentucky exports to, the Department of Agriculture remains focused on building these relationships.

In 2019, Kentucky hosted 27 international agricultural attachés for a week long tour of the state's agricultural resources. This was done in partnership with the United States Department of Agriculture and the Tennessee Department of Agriculture.

The participants represented their governments and businesses in Africa, Asia, Europe, Canada, and Mexico. The relationships and experiences fostered by this visit "left a tremendous impression on our guests" Tim said and he hopes to do more of these in the future.

FRESH FOOD AS HUMAN RIGHT

Fifteen years ago, Karyn Moskowitz recognized that there was a problem. While she and her friends enjoyed the local farmers market she realized that many markets were unable to offer fresh, organic food to all income brackets and neighborhoods. This is when the idea for New Roots, the organization Karyn founded, was born.

Their mission is simple, Karyn tells me, it is to "ignite community power for fresh food access" while their vision is that "everyone in our community has access to a consistent supply of the farm-fresh food we all need to be happy and healthy". This is of great importance for Kentucky as number one killer in our state is heart disease, and this deadly food-related disease can be prevented with a lifestyle that includes fresh produce daily.

New Roots accomplishes this vision through their innovative Fresh Stop Markets. These income-based, sliding scale markets pop up biweekly in eight different Kentuckiana locations and make farm-fresh food more accessible and affordable to many more across our community. This model helps both the community members in food insecure areas and local farmers create a more equitable food system.

Karyn tells me she sees New Roots greatest success in the wide reach of the markets with "thousands of people connected to a consistent supply of fresh food" allowing many lives have been saved through this work.

But this work is not without its challenges. This biggest one, like so many non-profits, is a lack of resources. From not having access to a sustainable funding stream, getting the word out that they exist, and the lack of a strong fresh food eating culture. People can support the work of New Roots by donating and by spreading the word to families of limited resources.

(Pictured left, top to bottom)
Fresh Stop market, UofL tree
planting, and Tim in Quito,
Ecuador.



(Pictured top to bottom)
Kentucky horse farm, UofL Bike
Challenge, and vegetables from
New Roots market.

New Roots has been at the forefront of food justice work in Louisville for 15 years and they hope to be for many years to come. They know that their work is changing the lives of many in our region.

UNIVERSITY AS LIVING LABORATORY

Government agencies and local non-profits inhabit a special role in furthering the agricultural economy and its accessibility here and around the world. But what is the role of an institution like a university? Justin Mog, the Sustainability Officer at the University of Louisville, works to create a more sustainable and just community every day.

The goal, Justin tells me, is to shift the campus towards a "zero waste and zero pollution" environment but also focus on "building a socially just world without oppression, injustice, or abuse." Justin believes in "regenerative, locally vibrant economies rather than extractive, exploitative, colonialist economies." To make this vision a reality involves working deep in collaboration with students, faculty, staff, administrators, and community members.

The greatest opportunity that Justin's role has revealed is in being more efficient. With over 20,000 students, 1,700 academic staff, and 4,500 administrative staff, the institutional scale of the university is incredibly large. This often reveals areas where resources are not being efficiently spent, and so fixing them allows for not just cost savings but also energy and pollution as well.

One of the challenges of Justin's work is the siloed nature of large institutions. While there is much potential working across many departments, the reality is that many are set up to compete for limited resources rather than focus on collaboration. This makes the work of fostering a more sustainable campus at times more difficult but just as important.

Despite these challenges, the University of Louisville has "exceeded our goal of a 20% reduction in greenhouse gas emissions by 2020" and "consistently maintained the highest sustainability rating in the state for over a decade". Another project of note is the national award-winning Earn-A-Bike Program to challenge the presumption that everyone should drive to campus. Participants in May's "The Bike Month Challenge" (pictured on the left) indicate the commitment many in the UofL community possess in changing their daily practices to better our environment.

The sectors these leaders represent (government, non-profit, and educational institution) reveal the unique set of opportunities and challenges for engaging with the local and international economy and community. Whether it be in trade, food accessibility, or creating a sustainable campus--all of their work is not possible without great commitment and collaboration among many people in our city, state, and the international community.

If you are interested in learning more or collaborating with them, the contributors interviewed contact information can be found on page six.

AGRICULTURE IN OUR BACK YARD

BY LYDIA LEWIS, OSMAN MUBARIK, FRANZ-JOSEF WERTMANN, CINDY JIUJIANG, AND BEATRICE COLOMBIER



(Pictured top to bottom)
Farmers harvest chrysanthemum,
wine from Mainz, and farmers in
Tamale.

To better understand and appreciate the agricultural contributions of our counterparts, we wanted to learn from them what are the main agricultural products that come from their city or region. Below you will learn of the products and practices associated with some of our cities.

SUBSTANCE AGRICULTURE

In Tamale, Ghana many of the people are farmers especially those who live in the rural communities who share borders with the city. These farmers are mostly peasants in nature with a maximum of 10 to 20 acres. A small percentage of the population are engaged in commercial farming.

These farmers commonly farm cereals and legumes on their fields. However climate change has recently had adverse effects on these farming activities. This normally leads to either early or late rains and sometimes leads to serious torrential rains which causes flooding in these farms.

There are major challenges facing farmers in Tamale from poor credit to draught and harvest losses. Farming is a matter of survival for most peasant farmers in the area.

MAKING YOUR FAVORITE DRINK

If you love a glass of wine or a calming cup of tea you might need to send a thank you note to Mainz, Montpellier, and Jiujiang.

Jiujiang has been a leader in Chinese tea production since ancient times often known as one of the three biggest tea markets in the country. There are two major brands from the city: "Lushan Yunwu Tea" (green tea) and "Xiushui Ninghong Tea" (black tea). Great efforts are made in developing the tea, tourism, and cultural industry in a coordinated way, so as to contribute more to the agricultural sector and bring more benefits to its people.

Mainz is one of the eleven 'Great Wine Capitals' of the world. Wine has over centuries played an important part in the city's economy with 70% of Germany's wine being grown in the area.

Montpellier is also a key city in terms of wine making. There are over 200 winegrowers in the region and wine is so important to the life of the city that many of the vineyards come near the gates of the city. The next time you take a sip make sure to see if your beverage comes from one of our Sister Cities!



FOOD GUIDE: SISTER CITY TREATS

BY LYDIA LEWIS, OSMAN MUBARIK, FRANZ-JOSEF WERTMANN, CINDY JIUJIANG, AND BEATRICE COLOMBIER

Food is a wonderful representation and celebration of our cities and countries. We wanted to know what are the special foods that can only be find in our Sister Cities?

JIUJIANG

Seated on the junction of several rivers and lakes, Jiujiang's cuisine is well known in the area and in other parts of China.

One local favorite is the Jiujiang Chabing, also known as Jiujiang Tea Cake (pictured to the left). It is a traditional snack originating in Jiujiang city since Tang Dynasty (about 1400 years ago). The cake is made of wheat flour, sesame, tea oil, osmanthus sugar and more. Nowadays, the snack is loved by locals and visitors alike.

Other specialities include handmade noodles and Turnip Strips Cakes which are often eaten for breakfast.

TAMALE

The staple food for the people of Tamale is Tuo Zaafi (TZ) but is "Sagtulga" in the Dagbani language. The TZ is mainly prepared from either maize, genuine corn or millet with cassava powder as part of the combination with a soup to match. Because of urbanization most families in Tamale do not prepare lunch therefore the TZ is normally served as dinner in majority of households.

MAINZ

Wine has over centuries played an important part in the city's economy. Therefore, our "national dish" is "Weck, Worscht and Woi" which means a bread roll, a sausage and a glass of wine. Now in the months of May and June the white asparagus, this royal vegetable, is harvested (pricked) and consumed in great numbers in the area. You can find an image of this dish on the next page.



"FOOD IS CULTURE, HABIT, CRAVING, AND IDENTITY"- JOHNATHAN SAFRIN FOER (WRITER)

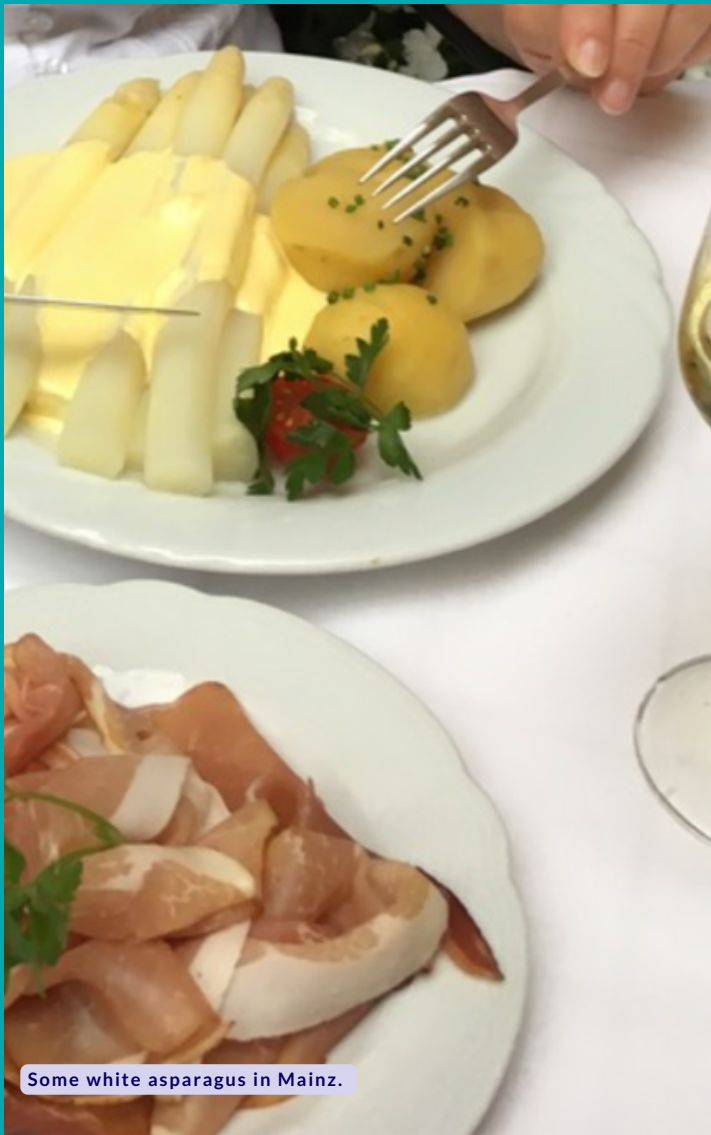
(Pictured top to bottom)
Farmers harvest tea, traditional
tea cake and a market in Mainz.
Photos from Jiujiang and Justin
Bunch (CityScape Travel).



Noodles hanging in Jiujiang.



The famous Yorkshire Pudding from Leeds.



Some white asparagus in Mainz.



The Tuo Zaafi in Tamale.

WE'D LOVE TO HEAR FROM YOU

When we launched the Sister Cities newsletter our idea was to highlight the many interconnections between Louisville and her Sister Cities around the world. Every other month we explore these connections through focusing on a theme: this month's is agriculture and food. In the past we have also focused on education, COVID vaccines and healthcare, international women's month, and sports.

We have new segments like "Letters from Abroad" where we hear from those who've travelled to Louisville or to a Sister City. We would love to hear from you--whether you live in Louisville or in one of our Sister Cities.--about your experiences and the impact that these relations have had on you and your community.

If you would like to make a contribution or suggest a theme please contact us at contact@worldkentuckyorg.



