

Before I lived with you,

Mommy



Before I lived with you, Mommy, I was a woman. My name was Magali, but my family called me Maga.



I am friends with Mother Nature. I pick
vegetables from our farm and cook for my
family.

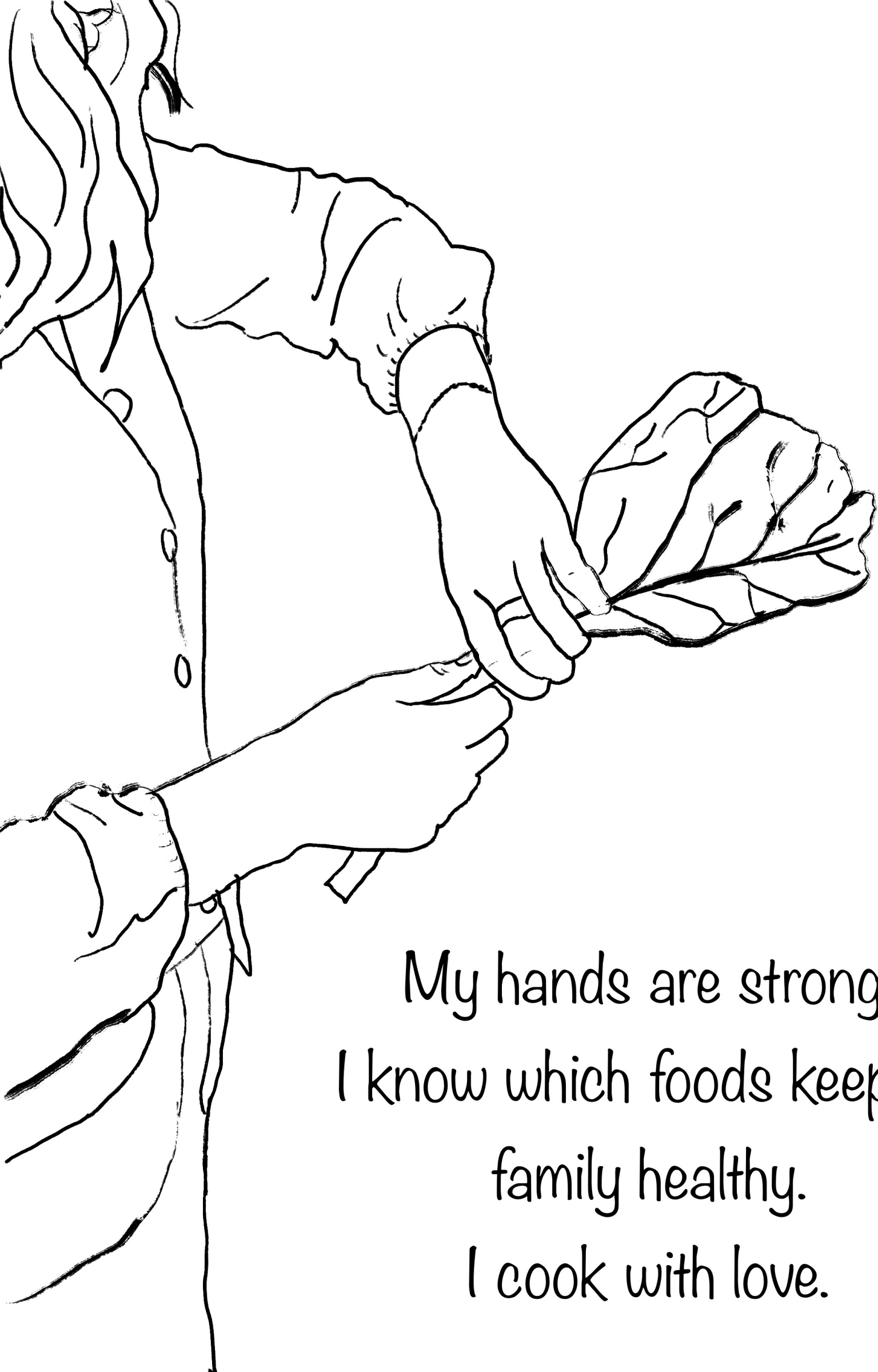


I listen to my body. My body feels good when I eat from the earth.



I dunk collard green leaves in water and add them to my black eyed peas. I think the leaves are so pretty.





My hands are strong.
I know which foods keep my
family healthy.
I cook with love.



I cook for my daughter. She is my world.

Cooking together makes the food healthier. This is special time for me.



We drink broth and laugh. It's our medicine.



Before I lived with you, Mommy, I used
to be your great grandmother, I'll take
care of you.

