

# Proclamation

THE BOARD OF SUPERVISORS, COUNTY OF SAN MATEO, STATE OF CALIFORNIA  
PROCLAMATION COMMEMORATING

## COLLARD GREENS CULTURAL FESTIVAL July 24, 2004

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Proclaimed, by the Board of Supervisors of the County of San Mateo, State of California, that

WHEREAS, the COLLARD GREENS CULTURAL FESTIVAL was created as a celebration of a rich and diverse cultural heritage to become another tradition of the twenty-first century; and

WHEREAS, the COLLARD GREENS CULTURAL FESTIVAL was initiated by the Shule Mandela Academy in 1998 and now is an effort to raise money for the Shule Mandela Academy Building Fund in East Palo Alto; and

WHEREAS, the Shule Mandela Academy offers a unique educational experience that provides a strong foundation as well as an Afrocentric curriculum to students from kindergarten through the eighth grade; and

WHEREAS, collard greens, which originated in Africa and were brought to the United States via the African Slave trade, have continued to be a staple in the average African American diet; and

WHEREAS, collard greens found popularity throughout the US, as the tradition of cooking collard greens was passed down through generations, and they remain, to this day, a deep-rooted traditional dish among many communities; and

WHEREAS, collard greens contain no fat or cholesterol and are low in sodium. They are also a good source of the vitamins A and C as well as iron and ascorbic acid;

WHEREAS, collard greens have been shown to inhibit some forms of cancer while providing great sources of beta-carotene; and

WHEREAS, this is the fifth year of the COLLARD GREENS CULTURAL FESTIVAL, which is the only known collard greens festival to be held west of the Mississippi; and


WHEREAS, the COLLARD GREENS CULTURAL FESTIVAL is a celebration to expose the community to the sights, tastes and sounds of the African-American culture,

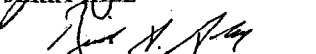
NOW, THEREFORE, BE IT PROCLAIMED that the Board of Supervisors of San Mateo County commends and congratulates the Shule Mandela Academy for bringing people together to celebrate this tradition and for their dedication to sustaining this rich heritage and culture in the twenty-first century.


DATED: July 24, 2004


SUPERVISORS:

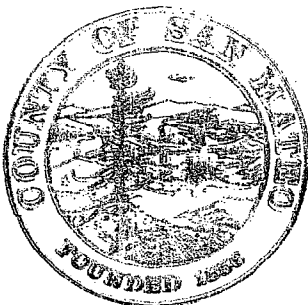
  
MARK CHURCH, PRESIDENT

  
JERRY HILL

  
RICHARD S. GORDON

  
ROSE JACOBS GIBSON

  
MICHAEL D. NEVIN



  
Attest: Deputy Clerk of the Board of Supervisors