

"EL VIAJE MAS CARO" / "THE MOST COSTLY JOURNEY" presents:

WHAT I'VE PLANTED HERE



The Story of Lara
Art by Tillie Walden

Sobre “EL VIAJE MÁS CARO”

About “THE MOST COSTLY JOURNEY”



Aproximadamente 1,000-1,200
TRABAJADORES MIGRANTES
originarios de Latino América ayudan
a sostener la industria láctea en Vermont.

Approximately 1,000-1,200 **MIGRANT
LABORERS** from Latin America help to
sustain the dairy industry in Vermont.



Este proyecto representa una COLABORACIÓN CREATIVA entre:

This project represents a CREATIVE COLLABORATION between:

NARRADORES
de la comunidad migrante

*STORYTELLERS from the
migrant community*



CARICATURISTAS locales
de New England

*New England
CARTOONISTS*

resultando en una serie de
RECURSOS HISTORIETAS enfocada
en los distintos aspectos de la
EXPERIENCIA MIGRANTE...

*resulting in a series of COMICS
RESOURCES focusing on
distinct aspects of the
MIGRANT EXPERIENCE...*



PARA OBTENER MÁS INFORMACIÓN e HISTORIETAS, VISITA:

FOR MORE INFORMATION & COMICS, VISIT:

www.vermontfolklifecenter.org/elviajemascaro

www.facebook.com/elviajemascaro

Arte por / Art by: Marek Bennett ©2016 www.MarekBennett.com

What I've Planted Here: the Story of Lara

Edition 1 / December 2016

Historia © por / Story © by: “Lara”

Arte © por / Art © by: Tillie Walden [www.TillieWalden.com]

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Traducida por / Translated by: Naomi Wolcott-MacCausland

Librito por / Booklet by: Marek Bennett [www.MarekBennett.com]

I live in an apartment attached to the barn. I used to only leave the apartment to go to the milking parlor to help my husband.



I never went outside. I didn't see the sun.



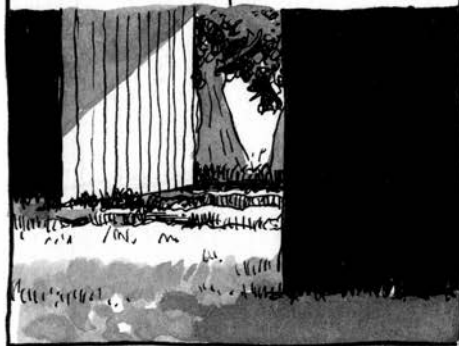
3 years ago I started to have a garden. I didn't know anything about having a garden here.



Jessie and Teresa came to talk to me about it. They explained how to prepare the soil and asked about the plants I wanted. The boss gave us a place to plant between the barns.



Immigration always passes by the roads next to the farm, so it was difficult finding a place that wasn't visible from the road.



In one day, with a hoe, shovel, and our hands, we made 3 beds and planted the seeds.



In Mexico, I always had carrots, cucumbers, cilantro, radishes and chiles, that's it.



Here, I asked for corn, tomato, jalapeños, chile de agua, chile poblano, tomatillo, lettuce, radish, and summer squash.



The second year I added 2 more beds and my husband fixed them up with wood on all sides. I added carrots, watermelon, cucumbers, onion, garlic, and epazote.



The third year I added more herbs: dill, thyme, papalo and cepiche. I used to have to request herbs to be sent from Mexico, but now I have them fresh in the summer and dry them for winter.



Since the first year, I haven't had to purchase tomatillos at all.



There are some things I can grow in my garden that I can't otherwise get here: el papalo, el cepiche, fresh thyme, chamomile, oregano, mint, and poblano peppers.



The first year I brought my daughter out to the garden in a carriage; she wasn't walking yet.



I'd go twice a day: in the morning to pull weeds and pick the vegetables I was going to use in the day's food, and in the afternoon to water.



The second year my daughter had started walking.



The first time I planted carrots she went along pulling the tops off. I had to teach her what they were and little by little she began to understand.



This year, she no longer pulled up my plants! She has started to help me.



I taught her about weeds and showed her how to get rid of them.



My husband began going outside too. He took on cutting the grass around the garden.



This year the three of us go out to the garden often.



We bought an umbrella to have shade and be able to spend more time outside.



It's a good distraction. If I didn't have the garden, I'd be inside all day in the kitchen watching TV.



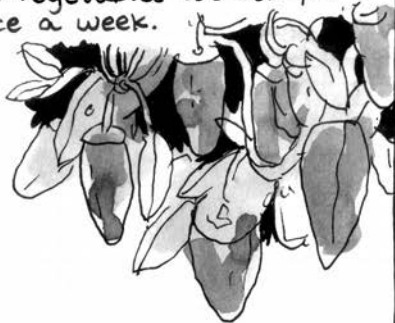
Now I go outside and listen to the birds sing. I feel more free, like I'm in the fields of my village.



The memories of what it was like there come back. Another benefit is to breathe fresh air and have fresh vegetables. No more rotten cilantro!



The rest of the year, the manager on the farm buys us the vegetables we ask for once a week.



It's difficult to know how much I need each week and there are times that we eat all the vegetables I ask for in a few days and then don't have any for the rest of the week.



Other times, we have too much and they rot before we can use them.



With the garden, I harvest what I need daily without the vegetables going bad or not having enough for the meal.



Since I started harvesting this year I haven't purchased any vegetables. I just harvest what I want each day.



I covered my garden a few weeks ago to protect it from the frost and am still able to harvest.



It's important that there are people to introduce us to the idea of having a garden.



They teach us, for example, when to plant garlic and when to harvest it, and they help us obtain plants. We can't go out into the community, so we need the support of people that are interested in helping us have a garden.



On my own, if they hadn't visited to offer their help, we wouldn't have the benefits of the garden.



I have met people, students, Jessie and Teresa, and other garden participants from harvest parties.



It helps all of us who are isolated.



We talk about our situations. With the project, we continue to meet more and more people who we are in contact with throughout the year.



Thank you to the owners of the greenhouses that donate the plants out of the goodness of their hearts, knowing that we are isolated and shut in.



We are really happy growing our garden.



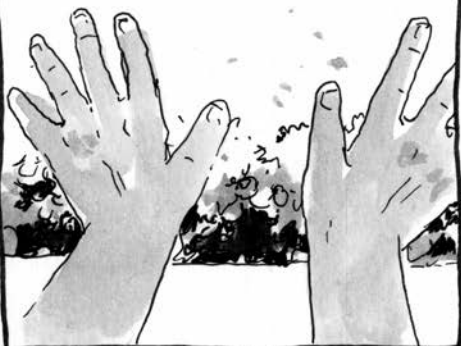
It gives us freedom.



It gives us something to take care of.



I've told my husband, when we go back to Mexico, I'm going to have a huge garden



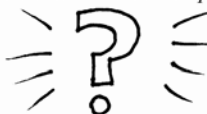
He'll have to till the land and I'll plant what I've been growing here



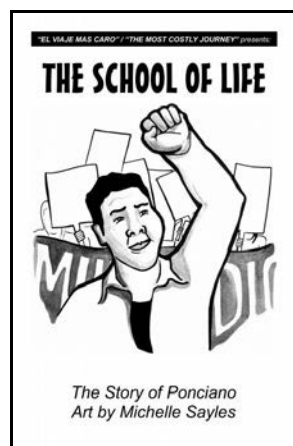
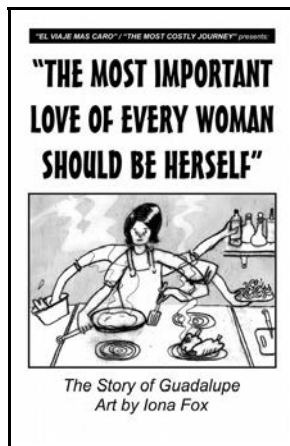
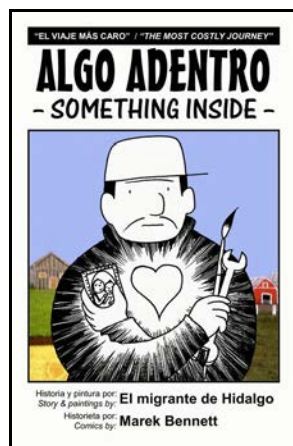
and start a business selling vegetables.



BARRERAS a la SALUD de los TRABAJADORES MIGRANTES: X BARRIERS to HEALTH CARE for MIGRANT WORKERS:

<i>ESTATUS ADMINISTRATIVO y miedo de la deportación</i>  DOCUMENTATION STATUS and fear of deportation	<i>La PROXIMIDAD a la FRONTERA CANADIENSE</i>  PROXIMITY to the CANADIAN BORDER	<i>FALTA de TRANSPORTE</i>  LACK of TRANSPORTATION
<i>ACCESO INCONSISTENTE a la interpretación y a la atención con sensibilidad cultural</i>  INCONSISTENT ACCESS to language interpretation & culturally sensitive care	<i>DESAFÍOS de NAVEGACIÓN de un sistema de salud complejo</i>  CHALLENGES NAVIGATING a complicated health care system	<i>AISLAMIENTO más trauma, ansiedad y depresión</i>  ISOLATION plus trauma, anxiety, & depression
<i>RELUCTANCIA faltar al trabajo, o largas horas de trabajo</i>  RELUCTANCE to miss work, or long working hours	<i>COSTOS de la medicina e INELIGIBILIDAD para SEGUROS</i>  COST of medical care and INELIGIBILITY for INSURANCE	<i>FALTA de EDUCACIÓN FORMAL y bajo nivel de alfabetización</i>  LACK of FORMAL EDUCATION and low literacy rates
Fuente de información: / Source: OPEN DOOR CLINIC www.opendoormidd.org		
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Otras historietas de la serie “El Viaje Más Caro”: Other comics in the “El Viaje Más Caro” series:



"EL VIAJE MÁS CARO"

Una colaboración entre narradores migrantes y caricaturistas Nuevainglaterra.



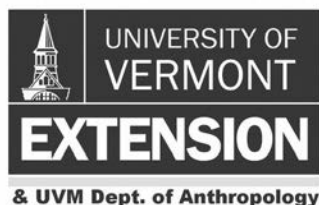
"THE MOST COSTLY JOURNEY"

A collaboration between migrant storytellers & New England cartoonists.

Farm artwork from "A New Type of Work" by Delmar & Tillie Walden.

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SOCIOS DEL PROYECTO / PROJECT PARTNERS:



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