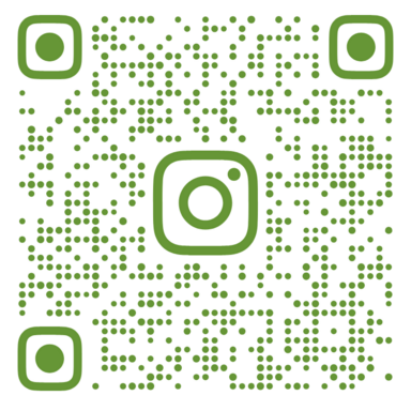


# SOWED UP FARMS

Family-owned & Operated



@sowedupfarms



Chamika is an urban agriculturalist, land steward, and the founder of **Sowed Up Farms**, a **family-run** urban farm. Guided by a deep commitment to sustainability, food sovereignty, and **healing** through the land, Chamika grows more than just food—she cultivates access, equity, and opportunity.

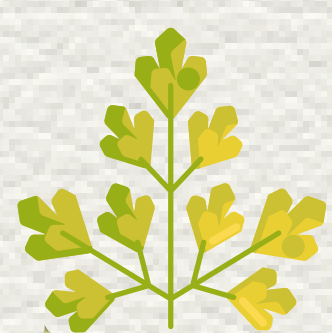
**Sowed Up Farms** is part of the Windy City Harvest incubator network, a crucial support system for urban farmers. This network provides resources, training, and access to affordable production land, which was a significant challenge. After years of homesteading and growing food for personal health, she found a foothold through this network to compliant her training from University of Illinois Extension's Master Urban Farmer Training Program and Openlands TreeKeepers.

Now, the farm thrives, producing heirloom, non-gmo vegetables, herbs, edible flowers, and value-added products such as canned tomatoes and zucchini bread. The produce is offered through CSA shares, local farmers' markets, and wholesale partnerships, while working to accept EBT outside of farmers' markets to increase food access.

More than just a growing space, the farm is a site of learning, legacy, and land-based healing. Operated alongside her husband and their three daughters, the farms is a place for youth and summer groups to connect with the land and learn through hands-on experience. The crops grown here, like red okra, yellow watermelon, taro (Kalo), and Malabar spinach, reflect Chamika's passion for growing foods that carry cultural significance and personal meaning.

Chamika's professional background and qualifications are a testament to her leadership and expertise. As the Acting Development Director for the Austin Garden Collective, she supports land access initiatives, community green spaces, and builds stronger community-based food systems. Her experience in managing her USDA GAP-compliant farm site, community building, and contributing to accessibility and equity policy within Chicago Parks, along with her academic qualifications and certifications, make her a trusted figure in the field of urban agriculture.

Sowed Up Farms is more than a business—it's a vision of healing, legacy, and land-based liberation. Every harvest is a testament to the resilience of land, culture, and families reclaiming space in the city in ways that reflect their needs, nourishment, and joy.



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