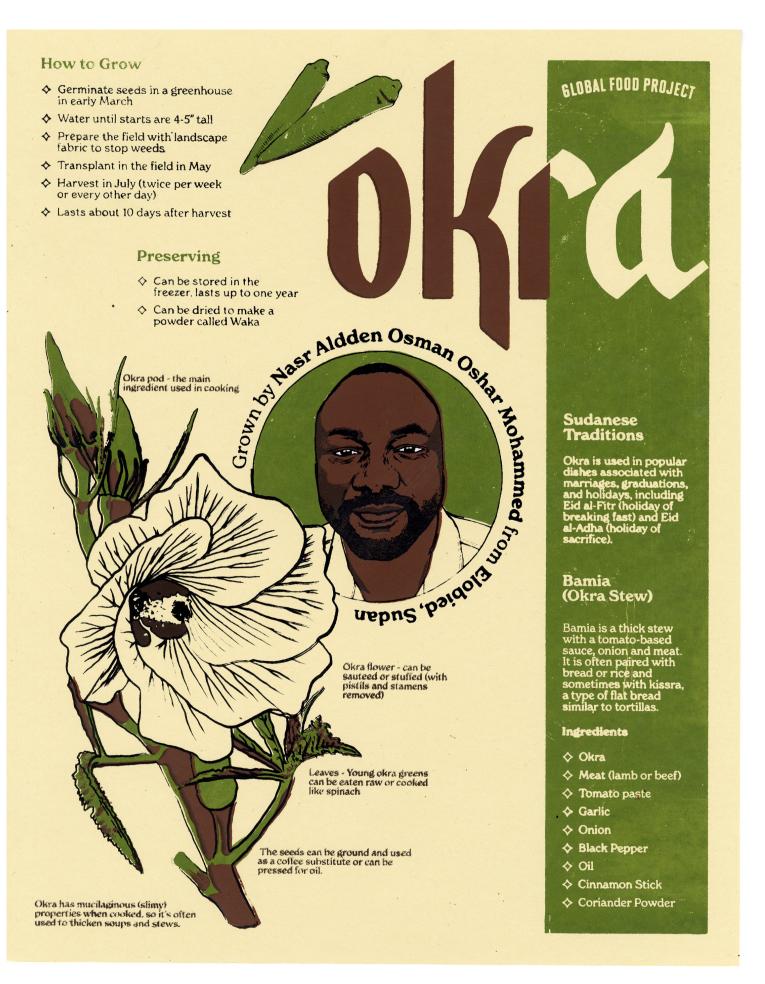


GLOBAL FOOD PROJECT & PUBLIC SPACE ONE



designed by Desiree Dahl from conversations with Nasr Mohammed

OKRA

Grown by Nasr Aldden Osman Oshar Mohammed from Elobied, Sudan

How to Grow

- Germinate seeds in a greenhouse in early March
- Water until starts are 4-5" tall
- Prepare the field with landscape fabric to stop weeds
- Transplant in the field in May
- Harvest in July (twice per week or every other day)
- Lasts about 10 days after harvest

Preserving

- Can be stored in the freezer, lasts up to one year
- Can be dried to make a powder called Waka

Okra pod - the main ingredient used in cooking
Okra flower - can be sauteed or stuffed (with pistils and stamens removed)
Leaves - young okra greens can be eaten raw or cooked like spinach

Sudanese Traditions

Okra is used in popular dishes associated with marriages, graduations, and holidays, including Eid al-Fitr (holiday of breaking fast) and Eid al-Adha (holiday of sacrifice).

Bamia (Okra Stew)

Bamia is a thick stew with a tomato-based sauce, onion and meat. It is often paired with bread or rice and sometimes with kissra, a type of flat bread similar to tortillas.

Ingredients:

Okra Meat (lamb or beef)

Tomato paste Garlic

Onion Black Pepper
Oil Cinnamon Stick

Coriander Powder

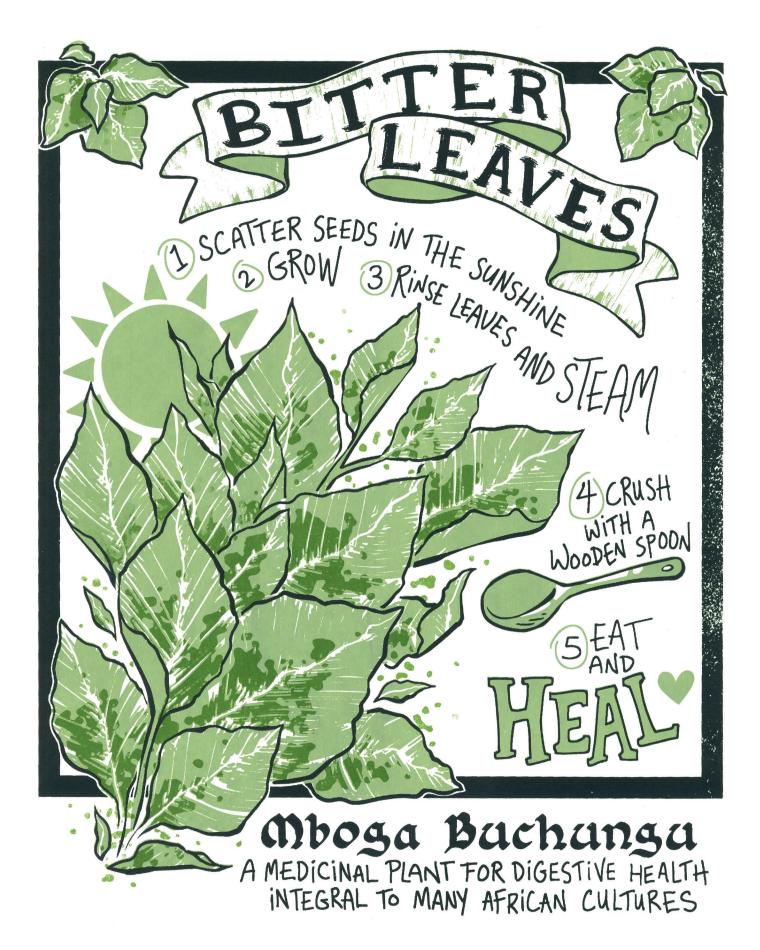


designed by Eylül Doganay from conversations with Gaudence Nzeyimana

Gaudence Grows African Eggplant in Iowa

the better/bitter garden egg

delicious with fufu, in soups & broths antioxidant, helps managing t2 diabetes

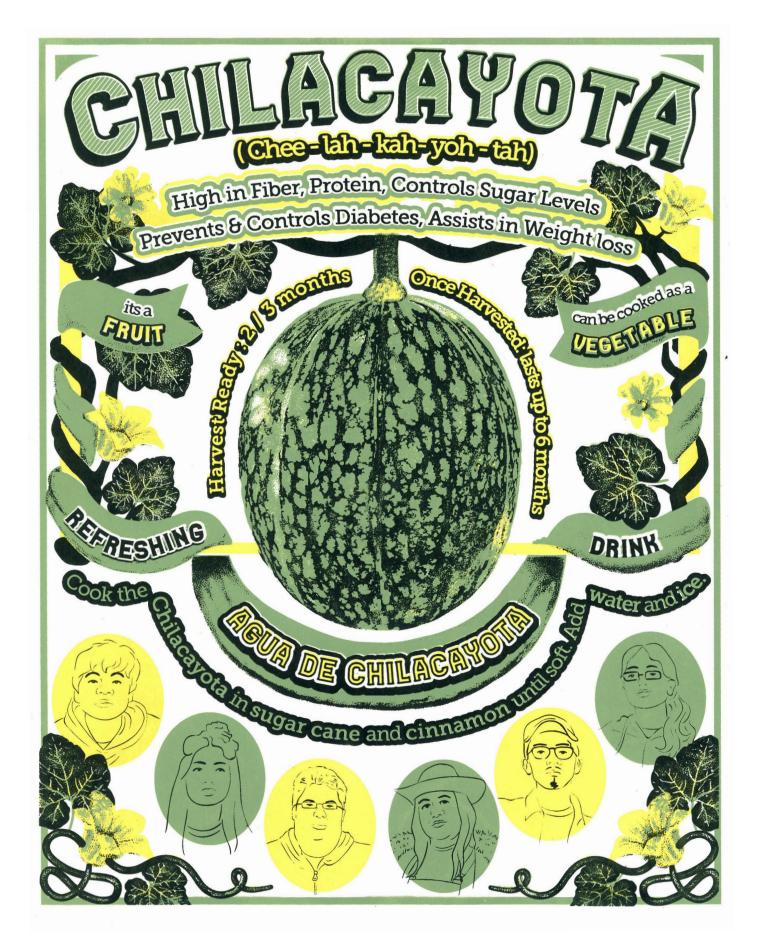


designed by Harper Folsom from conversations with Jane Msafiri

Bitter Leaves / Mboga Bchungu

A medicinal plant for digestive health integral to many African cultures

- 1. Scatter seeds in the sunshine
- 2. Grow
- 3. Rinse leaves and steam
- 4. Crush with a wooden spoon
- 5. Eat and heal



designed by Alejandra Alvarez from conversations with Margarita Rodriguez

Chilacayota (Chee-lah-kah-yoh-tah)

High in Fiber, Protein, Controls Sugar Levels Prevents and Controls Diabetes, Assists in Weight Loss

It's a fruit, but can be cooked as a vegetable

Harvest-ready: 2-3 months
Once harvested: lasts up to 6 months

Agua de Chilacayota / refreshing drink

Cook the Chilacayota in sugar cane and cinnamon until soft. Add water and ice.



designed by Ariane Parkes-Perret from conversations with Leticia Kakasa

from Leticia's garden....

Pumpkin Leaves in Swahili cuisine

- · Rich in antioxidants, calcium, and potassium
- · Leaves are most tender when pumpkins are small

Majani ya Maboga

- Add leaves to a pot of boilding water with salt
- Cook for 20 monutes
- Add chopped tomato and onion
- Serve and enjoy!!
- Tastes delicious with eggplant or okra
- Add peanutes for garnish



designed by Emily Magnuson from conversations with Marcela Hurtado

Marcela's Garden

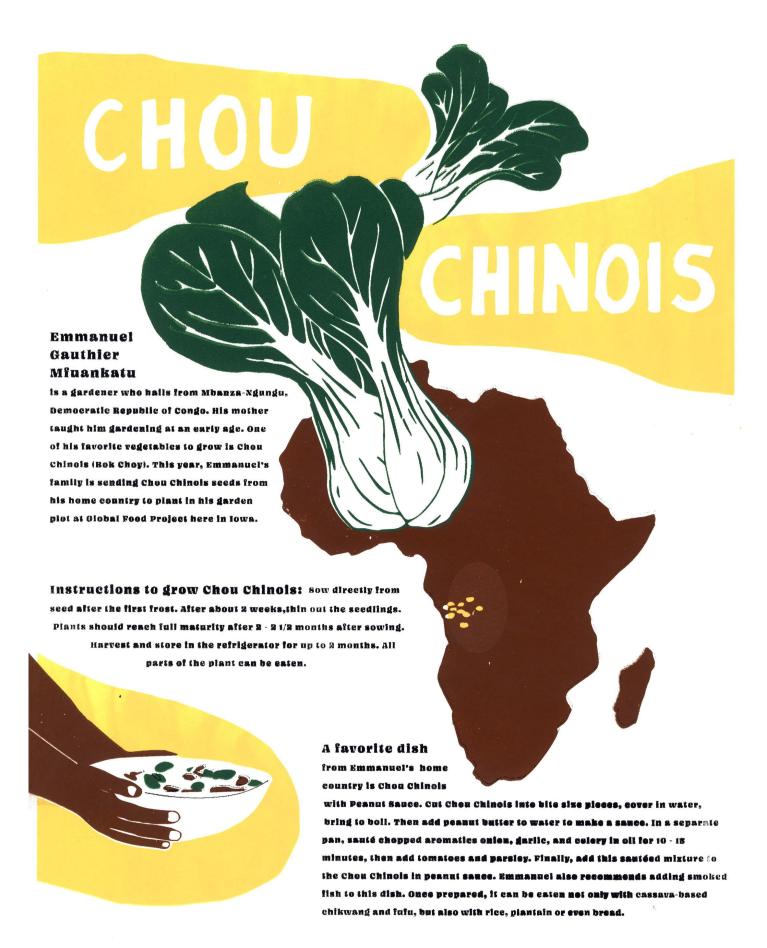
Epazote is a herb used in soups and stews

Quelites is great with eggs and fried with garlic and onion

Acelgas is used in enchiladas

Verdolagas can be made into salsa verde and served with pork

Flor de Calabaza is made into tortillas



designed by Dana Noble from conversations with Emmanuel Mfuankatu

Chou Chinois

Emmanuel Gauthier Mfuankatu is a gardener who hails from Mbanza-Ngungu, Democratic Republic of Congo. His mother taught him gardening at an early age. One of his favorite vegetables to grow is Chou Chinois (Bok Choy).

This year, Emmanuel's family is sending Chou Chinois seeds from his home country to plant in his garden plot at Global Food Project here in Iowa.

Instructions to grow Chou Chinois: Sow directly from seed after the first frost. After about 2 weeks, thin out the seedlings. Plants should reach full maturity after 2 - 2 1/2 months after sowing. Harvest and store in the refrigerator for up to 2 months. All parts of the plant can be eaten.

A favorite dish from Emmanuel's home country is Chou Chinois with Peanut Sauce. Cut Chou Chinois into bite size pieces, cover in water, bring to boil. Then add peanut butter to water to make a sauce. In a separate pan, sauté chopped aromatics onion, garlic, and celery in oil for 10 - 15 minutes, then add tomatoes and parsley. Finally, add this sautéed mixture to the Chou Chinois in peanut sauce. Emmanuel also recommends adding smoked fish to this dish. Once prepared, it can be eaten not only with cassava-based chikwang and fufu, but also with rice, plantain or even bread.





IOWA HUMANITIES COUNCIL IOWA DEPARTMENT OF CULTURAL AFFAIRS