

THINGS WE SHARE

A GRAPHIC
NOVEL
COOKBOOK



LEAD ILLUSTRATOR, AUTHOR, EDITOR, LAYOUT,
GRAPHIC DESIGN + COLOR
JAZZMEN LEE-JOHNSON 

THE INTERIOR, MANGO BODY BUTTER, JOLLOF RICE,
POTATO GREENS, INTERMITTANT FASTING, REMEDIES
NANUE + EDITH PAYE

CULTURAL PARALLELS, CHICKEN GRAVY, KALA
GEORGINA SARPONG

THE MEAL WAS ALWAYS THE SAME, FISH CALLALOO
ISABEL KAYEMBE

ILLUSTRATOR, SCHOOL LUNCH, FUFU, SAUCE + FISH
BONNET FAHARI 

CHILDHOOD CHEF, SMOKY COLLARDS + CABBAGE,
JAG RICE, STRAWBERRY SHORTCAKE W/ COCONUT
WHIPPED CREAM, REMEDIES
JAZANDRA BARROS

FRUIT + GRANOLA, PERMISSION TO BREAK EARTH,
SCLT YOUTH PROGRAM COORDINATOR
RAFFINI

ILLUSTRATOR
ALEJANDRA MAYORGA 

GROWING ORGANIC FOOD IN URBAN
NEIGHBORHOODS
ALONDRA RIVERA, ALYSSA ROOKS, MAGGIE NOWAK

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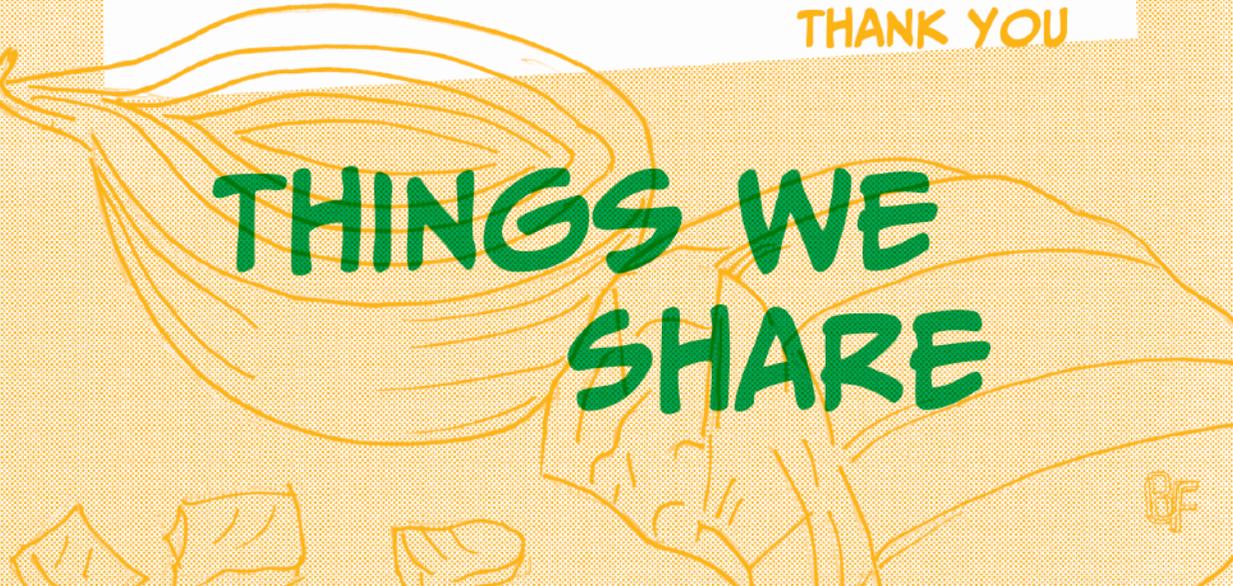
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I WOULD LIKE TO THANK EVERYONE WHO CONTRIBUTED TO THIS PROJECT BEGINNING WITH THE INTERVIEWEES WHO SHARED SO MANY GREAT STORIES AND RECIPES—MORE THAN WE COULD FIT IN THIS FIRST EDITION OF THE COOKBOOK. THANK YOU FOR BEING OPEN AND FLEXIBLE. THANK YOU ANDREW, RICH, + RAFFINI OF THE SOUTHSIDE COMMUNITY LAND TRUST FOR PARTNERING WITH ME ON THIS PROJECT, SHARING SO MANY RESOURCES AND FOR CONNECTING ME TO SO MANY WONDERFUL PEOPLE. RAFFINI THANK YOU FOR TAKING OUT THE TIME TO BE PRESENT FOR EACH INTERVIEW AND FOR SHARING A FEW STORIES OF YOUR OWN. THE TALENTED BONNET AND ALEJANDRA FOR HELPING ME WITH THE ILLUSTRATIONS. TYCHO AND KATIE OF BINCH PRESS! THANK YOU FOR ALL OF YOUR, FEEDBACK AND PRINTMAKING SKILLS! MICHELLE WILSON, THANK YOU FOR HELPING ME LAY THE FOUNDATION IN BUILDING COMMUNITY PARTNERS AND SUPPORTING ME THROUGH THIS JOURNEY AT THE DEPARTMENT OF HEALTH. THANK YOU RIDOH, RISCA, THE ARTS AND HEALTH NETWORK, AND ARTPLACE FOR CREATING THE ARTIST RESIDENCY AT THE DEPARTMENT OF HEALTH, SPECIFICALLY SHERRY BROWN AND STEVEN BOUDREAU MY MENTORS DURING THE RESIDENCY.

THANK YOU

THINGS WE
SHARE



BF

INTRO

ARTS AND HEALTH

CULTURAL PARALLELS

THE JOY OF RICE

SMOKY COLLARD GREENS + CABBAGE

LIBERIAN POTATO GREENS

CHILDHOOD CHEF/ VEGAN JAGACIDA (JAG)

CHICKEN GRAVY

KALA

SHEA HARVEST + THE INTERIOR

MANGO BODY BUTTER

SCHOOL LUNCH

FUFU, SAUCE + FISH

PERMISSION TO BREAK EARTH

GETTING YOUR HANDS DIRTY

REMEDIES

FEVERFEW + HOREHOUND

SOWING

SEEDS, TRANSPLANTS + RAISED GARDEN BEDS

STRAWBERRY PICKING

QUICK SHORTCAKE

THE MEAL WAS ALWAYS THE SAME

FISH CALLALOO

IF IT GROWS WE EAT IT

INTERMITTANT FASTING

IF YOU ARE GOING TO EAT BREAKFAST

FRUIT AND GRANOLA

INTRODUCTION

THIS IS WHAT INTERGENERATIONAL STORYTELLING, COLLABORATION AND A CELEBRATION OF COMMUNITY AND FOOD LOOKS LIKE DURING A PANDEMIC.

I CONCEIVED THIS PROJECT WHILE ARTIST IN RESIDENCE AT THE RI DEPARTMENT OF HEALTH (RIDOH) IN COLLABORATIONS WITH RIDOH, RI STATE COUNCIL ON THE ARTS, THE SOUTHSIDE COMMUNITY LAND TRUST (SCLT), AND REFUGEE + IMMIGRANT YOUTH. THE PLAN WAS TO COLLECT STORIES AND RECIPES FROM THE YOUTH'S HOME CULTURES, INTERVIEW ELDERS, LEARN + PRACTICE URBAN FARMING, AND COMPILE THEM INTO A GRAPHIC NOVEL COOKBOOK.

JUST AS WE BEGAN, SCHOOLS CLOSED, PHYSICAL DISTANCING PRACTICES EMERGED, AND QUARANTINE + ISOLATION CAME INTO PLAY. WE NEEDED TO REFLECT, REEVALUATE, AND REDIRECT. WE ENDED UP BEING A MUCH SMALLER TEAM—RAFFINI AND ANDREW FROM SCLT, ORGANIZED THE INTERVIEWS AND I ALONG WITH TWO EMERGING ARTISTS, BONNET AND ALEJANDRA, BROUGHT THE STORIES AND RECIPES TO LIFE!

MY COMMUNITY'S HEALTH AMIDST A GLOBAL PANDEMIC WAS AT THE FOREFRONT OF MY MIND. I BELIEVE THAT TRADITIONAL FOODS AND HEALING ARE CRUCIAL TO OUR WELL BEING; ONE OF OUR MOST POWERFUL MEDICINES AND FORMS OF SELF-CARE IS FOOD.

THROUGHOUT THESE PAGES YOU'LL DISCOVER FLAVORS, JOURNEYS, AND LESSONS, FROM ANGOLA, CONGO, GHANA, CAPE VERDE, ALABAMA, BURUNDI, LIBERIA, AND OF COURSE, RHODE ISLAND. I HOPE THEY INSPIRE US ALL TO MAKE, CREATE, GROW, AND HEAL. SOME OF THE INGREDIENTS AND RECIPES SPEAK DIRECTLY TO HEALING THE BODY THROUGH FOOD AND HERBAL REMEDIES—WHICH IS EVEN MORE IMPORTANT TODAY AS IMMIGRANT AND COMMUNITIES OF COLOR ARE HIT THE HARDEST BY COVID-19.

THIS IS FAR FROM A TRADITIONAL COOKBOOK. SOMETIMES INGREDIENTS AND STEPS ARE DESCRIBED AS ILLUSTRATIONS. SOMETIMES WE DON'T USE DETAILED MEASUREMENTS. SOMETIMES THERE IS NO RECIPE AT ALL, INSTEAD A STORY IS TOLD TO AWAKEN THE SENSES. RAFFINI REMINDS ME TO, "SEASON THINGS HOW YOU WANT THEM TO TASTE." THERE ARE MANY PEOPLE YET TO BE INTERVIEWED, MANY STORIES STILL TO BE TOLD, AND URBAN FARMING LESSONS WE JUST DID NOT HAVE THE SPACE TO INCLUDE. PERHAPS A VOLUME II.

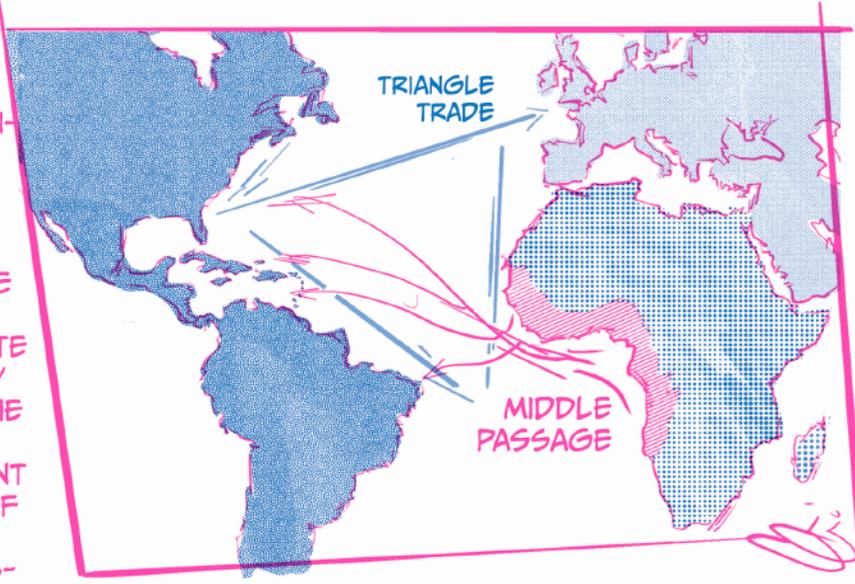
I HOPE THIS PROJECT INSPIRES FUTURE COLLABORATIONS IN INTERGENERATIONAL, MULTICULTURAL COOKING AND FARMING TRADITIONS. PLEASE ENJOY *THINGS WE SHARE* AS A FIRST TASTE OF THE DELICIOUS FOODS AND STORIES OF RHODE ISLANDERS.—JAZZMEN LEE-JOHNSON.

CULTURAL PARALLELS

LIBERIAN FOOD TELLS YOU A HISTORY OF THE DIASPORA. —GEORGINA

LIBERIA HAS A PARTICULARLY UNIQUE HISTORY, SETTLED AS A COUNTRY FOR REPATRIATING FREEBORN AND FORMERLY ENSLAVED AFRICAN AMERICANS. BEFORE THEN THE REGION CONSISTED OF MANY ETHNIC GROUPS FROM THE SURROUNDING COUNTRIES OF SIERRA LEONE, GUINEA, AND CÔTE D'IVOIRE—ALL OF WHICH MAKE LIBERIA CULTURALLY ROBUST AND DIVERSE TO THIS DAY. THE PINK AREA HIGHLIGHTED ALL ALONG WEST AFRICA REPRESENTS AREAS SHAPED BY ENSLAVEMENT BY WAY OF THE MIDDLE PASSAGE, A EUROPEAN QUEST THAT ENSLAVED AFRICANS AND DISPERSED THEM THROUGHOUT THE AMERICAS AND THE WEST INDIES.

IN THE 1800S A GROUP OF FREE AFRICAN AMERICANS + ABOLITIONISTS IN THE U.S. ORGANIZED TO COLONIZE PART OF WEST AFRICA FOR FREE AFRICAN-AMERICANS TO RELOCATE + HAVE A COUNTRY OF THEIR OWN. THE HOPE AND IRONY OF THIS MOVEMENT OF THOUSANDS OF FREE AFRICAN AMERICANS ESTABLISHING THE REGION AS LIBERIA, EVENTUALLY LEAD TO A CIVIL WAR IN 1989.

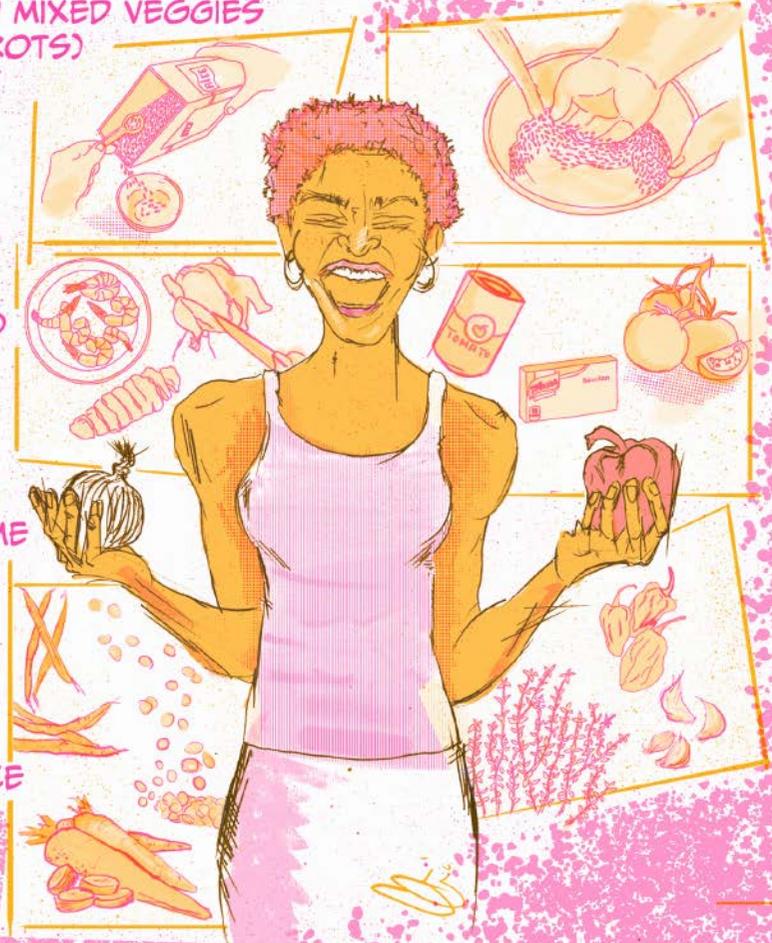


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|---------------------|---|---------------|
| JAG RICE | → | JOLLOF RICE |
| COLLARDS/ CALLALOO | → | POTATO GREENS |
| HUSH PUPPIES | → | KALA |
| CHICKEN + DUMPLINGS | → | FUFU |
| GRITS | → | GARI |



¾ CUP OIL
 ½ POUNDS OF SHRIMP PEELED + DEVEINED
 ½ POUND COOKED CHICKEN BREAST, CHOPPED
 ¼ POUND HAM, CUT INTO 1-INCH CHUNKS
 ½ SWEET ONION, FINELY CHOPPED
 4 GARLIC CLOVES, CHOPPED
 ½ CUP BELL PEPPERS FINELY CHOPPED
 1 POUND CHOPPED MIXED VEGGIES
 (PEAS, CORN, CARROTS)
 2 SCOTCH BONNET
 PEPPERS, SEEDED
 1 ½ TEASPOONS
 FRESH GINGER,
 FINELY CHOPPED
 2 CUPS TOMATOES,
 CHOPPED
 12 OUNCES TOMATO
 PASTE
 1 QUART CHICKEN
 STOCK
 1 ½ TBLSPONS
 MAGGI SEASONING
 6 SPRIGS OF THYME
 2 BAY LEAVES
 1 TBLSPON
 SMOKED PAPRIKA
 2 CUPS
 SHORT-GRAIN
 WHITE RICE,
 COOKED IN ADVANCE

JOLLOF RICE



1 BLEND TOMATOES, TOMATO PASTE, HOT PEPPERS, GARLIC, ONIONS + GINGER INTO A PASTE. HEAT THE PASTE IN A LARGE POT UNTIL IT BUBBLES. SET ASIDE

2 USE ¼ CUP OF OIL TO SAUTÉ SHRIMP, CHICKEN + HAM W/ DICED ONIONS + CRUSHED GARLIC UNTIL SLIGHTLY BROWN. SET ASIDE

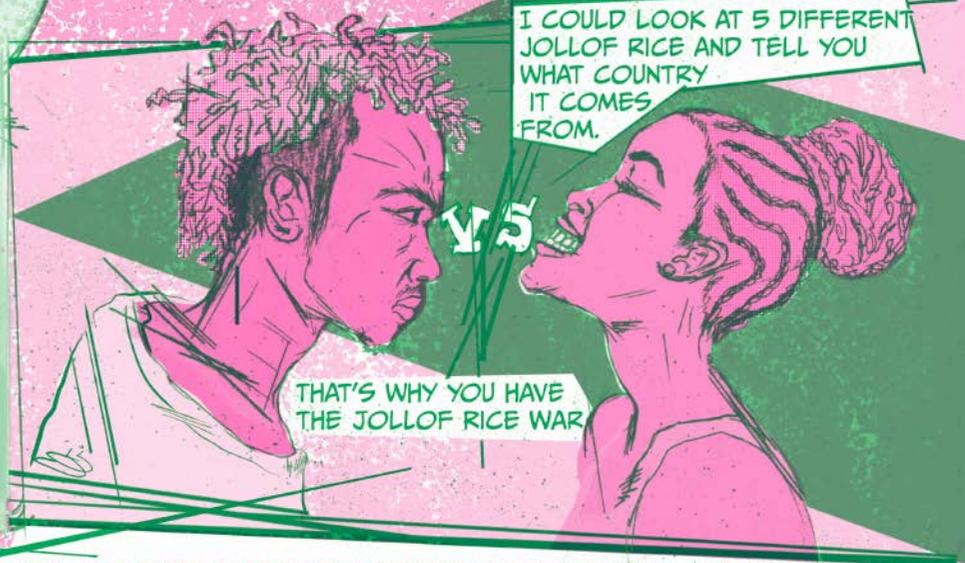
3 IN THE SAME PAN ADD THE REMAINING OIL + SAUTÉ THE TOMATO PASTE OVER MEDIUM. SIMMER FOR 5 MINS; ADD THE VEGGIES/ PEPPERS BACK IN!

4 THEN STIR IN STOCK, MAGGI SEASONING, BAY LEAVES, PAPRIKA, GROUND GINGER, CURRY AND THYME. ADD THE MEAT AND SHRIMP TO THE MIXTURE. COVER AND SIMMER FOR 20 MINUTES ON LOW.

5 LIFT THE MEAT AND SHRIMP FROM THE SAUCE WITH A SLOTTED SPOON, AND STIR PREPARED RICE INTO THE SAUCE. SERVE ON A PLATTER WITH THE MEAT AND SHRIMP IN THE CENTER, GARNISH WITH PARSLEY AND A SIDE OF FRIED PLANTAIN.



JOLLOF RICE LITERALLY MEANS THE "THE JOY OF RICE." SO TO REALLY APPRECIATE RICE PUT IN ALL OF YOUR FAVORITE THINGS. I'M A PESCA-TARIAN AND I ONLY EAT SEAFOOD. SO MY JOLLOF RICE IS JOLLOF RICE SEA-FOOD—SHRIMP, OYSTERS, DEEP FRIED FISH—THAT WILL ALLOW ME TO ENJOY THE RICE. SO FOR SOMEONE WHO IS A VEGETARIAN THEY CAN DO ALL VEGETARIAN STUFF. IF YOU BLEND ALL THE THINGS THAT MAKE YOU HAPPY IN RICE, YOU GET THE JOY OF RICE. RICE IS A STAPLE OF WEST AFRICAN CUISINE. THROUGHOUT DIFFERENT WEST AFRICAN CULTURES YOU HAVE DIFFERENT STEW OR SOUP, BUT RICE IS THE DOMINATED BASE OF OUR FOOD. JOLLOF RICE DREAMS OF EVERYTHING YOU LOVE TO EAT TO REALLY ENHANCE IT. I GUESS IT'S LIKE A CELEBRATION OF RICE ITSELF.



I COULD LOOK AT 5 DIFFERENT JOLLOF RICE AND TELL YOU WHAT COUNTRY IT COMES FROM.

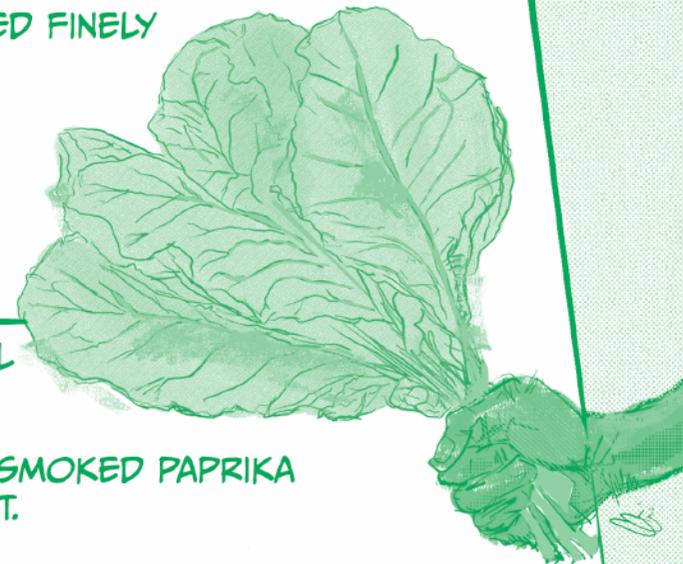
YES

THAT'S WHY YOU HAVE THE JOLLOF RICE WAR

JOLLOF RICE ACTUALLY ORIGINATED IN SENEGAL AND THEN WENT ACROSS WEST AFRICA. EACH WEST AFRICAN COUNTRY COOKS IT DIFFERENTLY, BASED ON THEIR CULTURE. NIGERIANS USE HEAVY TOMATOES AND PEPPERS IN THEIR JOLLOF RICE, WHILE GHANAIS USE A LITTLE BIT OF MEAT. IN LIBERIA IT'S HEAVY WITH MEAT BECAUSE WE FARM AND WE HAVE ACCESS TO THE SEA—SO EATING MEAT IS A PART OF THE CULTURE. ~NANUE

SMOKY COLLARD GREENS AND CABBAGE (NO-MEAT)

2 LARGE BUNCHES OF COLLARD GREENS, CHOPPED
1 MEDIUM-LARGE HEAD OF CABBAGE, CHOPPED
½ LARGE ONION, CHOPPED FINELY
3-4 GARLIC CLOVES
2 TBSP VEGETABLE OIL
1 TBSP SMOKED PAPRIKA
SALT + PEPPER TO TASTE
FAVORITE HOT SAUCE
TO TASTE



IN A LARGE POT HEAT OIL OVER MEDIUM HEAT.

ADD ONION, GARLIC AND SMOKED PAPRIKA
COOK UNTIL TRANSLUCENT.

ADD COLLARDS AND COVER WITH WATER. STIR.
ADD SALT, PEPPER AND HOT SAUCE TO TASTE.

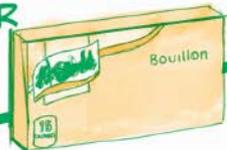
SIMMER ON MEDIUM HEAT UNTIL TENDER. IN THE LAST 10 MINUTES OF COOKING ADD CABBAGE AND CONTINUE SIMMERING UNTIL DONE. RE-SEASON, IF NEEDED.

JAZANDRA'S RECIPE

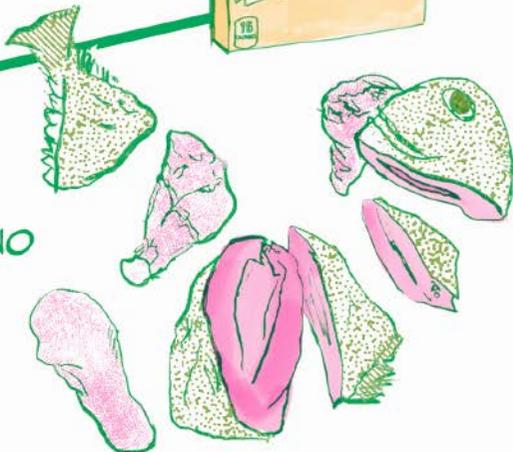


LIBERIAN POTATO GREENS

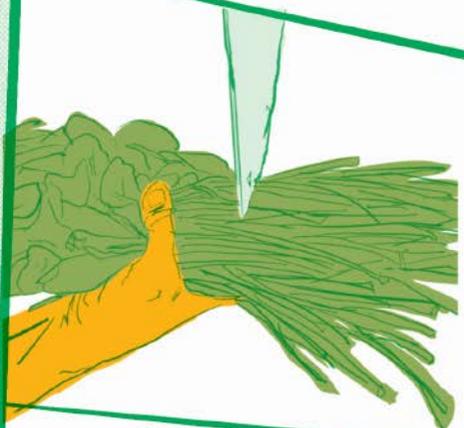
1 PRESSURE COOK (OR PAR-BOIL) MEATS OF YOUR CHOICE W/ BOUILLON FOR 15 MINUTES.



2 SEASON GOLDEN POMPANO FISH AND CHICKEN W/ CAYENNE PEPPER AND BOUILLON. FRY.



3 CUT POTATO GREENS VERY FINELY. SLICE ONION. SET ASIDE.



4 BLEND HABANERO PEPPERS, GARLIC CLOVES AND ONION INTO A PASTE. SET ASIDE.



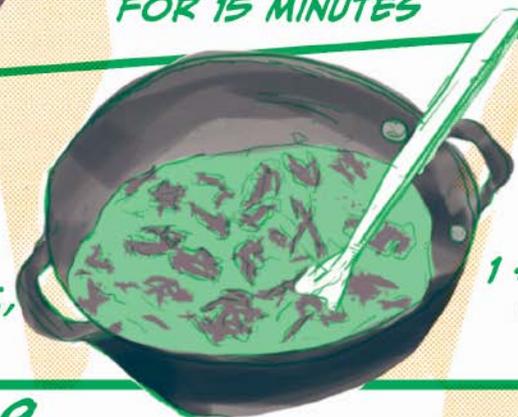
EDITH + NANUE'S RECIPE

5 STEAMED PARBOILED MEATS, ALONG WITH DRIED SMOKED FISH + SLICED ONION FOR 15 MINUTES



6 LINE BOTTOM OF ANOTHER POT WITH OIL. TOSS IN POTATO GREENS AND SLICED ONIONS. FRY STIRRING OCCASSIONALLY FOR 15 MINUTES

7 ONCE COOKED DOWN, STIR IN BLENDED PEPPER, GARLIC, ONION PASTE



8 ADD STEAMED MEAT AND 1 + 1/2 CUPS OF WATER

9 STIR OCCASSIONALLY UNTIL WATER DISAPPEARS



10 ADD FISH
ADD FRIED CHICKEN
ADD MAGGI
AND SEASON TO TASTE

CHILDHOOD CHEF

I REMEMBER IN PRE-K AN ARTIST TRACED OUTLINES OF OUR BODIES ON A GIANT PIECE OF PAPER.

THE ARTIST DREW US IN THE ATTIRE THAT WENT WITH THE THE PROFESSION WE WANTED TO BE.

AS A KID—YEAH I WOULD WATCH CARTOONS, BUT WAS ALSO WATCHING COOKING SHOWS. ONE OF MY FAVORITE COOKING SHOWS WAS *TWO FAT LADIES*—ABOUT TWO TWO BRITISH LADIES' PASSION FOR FOOD

JAZANDRA'S STORY

I CAN'T REMEMBER A TIME WHEN I DIDN'T WANT TO COOK!
—JAZANDRA

VEGAN JAGACIDA (JAG)

CAPE VERDEAN BEANS + RICE

(SERVES 8)

2 CUPS LONG GRAIN WHITE RICE
1 MEDIUM ONION, FINELY CHOPPED
2 CLOVES GARLIC, FINELY CHOPPED
2 CUPS OYSTER MUSHROOMS, CHOPPED
2 TBSP OLIVE OIL
2 TEASPOONS SMOKED PAPRIKA
1 LARGE BAY LEAF
4 CUPS OF WATER
1 CAN (14.5 OZ) PINK BEANS, DRAINED AND RINSED
SALT + PEPPER TO TASTE

JAZANDRA'S RECIPE

IN A MEDIUM SAUCEPAN, HEAT OIL OVER MEDIUM HEAT. ADD ONIONS + GARLIC, STIRRING CONSTANTLY UNTIL ONIONS ARE TRANSLUCENT.

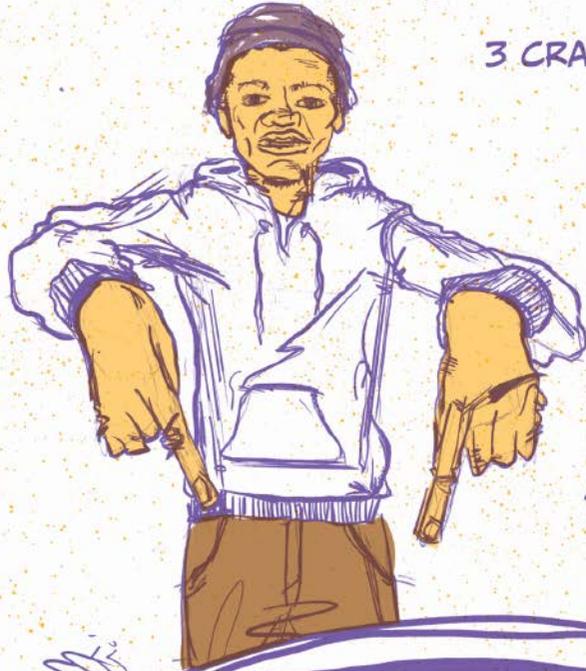
ADD MUSHROOMS AND SMOKED PAPRIKA AND COOK UNTIL BROWNEED. SEASON WITH SALT AND PEPPER.

ADD RICE + STIR UNTIL COATED. CONTINUE STIRRING + COOK FOR 1-2 MINUTES. ADD WATER + BAY LEAF, MORE SALT + PEPPER, IF NEEDED, +BRING TO A BOIL. LOWER HEAT TO MEDIUM-LOW, COVER +LET SIMMER UNTIL RICE IS TENDER. 20-25 MINUTES

AT THE LAST 5 MINUTES OF COOKING TURN OFF THE HEAT AND ADD BEANS, STIR + COVER FOR REMAINING TIME.

CHICKEN GRAVY

1LB PIG FOOT (LET BUTCHER CUT INTO SMALL PIECES)
2 LBS CHICKEN
1 LB STEWING BEEF
2 LBS SOUP BONES
1 LB SHRIMP (WITH SHELLS)
3 CRABS (CLEANED AND CUT IN HALF)
1 LARGE ONION (CHOPPED)
1 1/2 CUP WHOLE OKRA
2 TSPS SALT
3 TSPS SEASONED SALT
1 TSP GROUND BLACK PEPPER
1 TO 2 TBS TOMATO PASTE
1 POD OF ORANGE
HABENERO HOT PEPPER
1 PIECE OF DRIED SMOKE FISH
(ABOUT 2 INCHES)
1 PIECE OF DRIED SMOKE MEAT
(DRIED TURKEY OR
DRIED CHICKEN)
2 MAGGI CHICKEN SOUPS
(OPTIONAL)



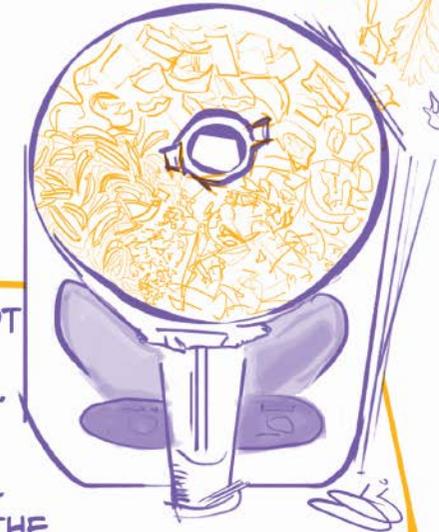
GEORGINA'S
RECIPE



BOIL CHICKEN WITH
SALT, PEPPER, PAPRIKA,
CHICKEN BOUILLON +
SOME CHOPPED
ONIONS IN A
MEDIUM POT
UNTIL TENDER.

RESERVE THE
STOCK FOR
LATER USE.

BLEND TOMATOES,
BELL PEPPERS,
ONIONS,
GARLIC
AND HERBS



ADD 1/2 CUP OIL TO A HEAVY-DUTY POT
/PAN, + THEN ADD THE BELL PEPPER
BLEND FOLLOWED BY TOMATO PASTE.

SAUTÉ FOR ABOUT 10-15 MINUTES,
TO BLEND ALL THE FLAVORS +
REDUCE THE ACIDITY OF THE
TOMATO SAUCE.



STIR
FREQUENTLY,
AS THE SAUCE SIM-
MERS. YOU MAY ADD
RESERVED CHICKEN
STOCK OR WATER.

ADD CHICKEN + FRIED
FISH WITH ABOUT 2
CUPS OF STOCK.

LET IT SIMMER
FOR ANOTHER
10 MINUTES.

THROW IN
SHRIMP.
COOK FOR
ANOTHER 3-5
MINUTES.

FINALLY,
ADJUST
SEASONINGS +
SOUP
CONSISTENCY
WITH WATER
OR CHICKEN
STOCK,
MAGGI +
SEASONING

MIX YEAST TOGETHER WITH WARM WATER + LET IT PROOF. IT WILL LOOK CREAMY AND/OR BUBBLES WILL FORM AT THE TOP.

ADD SUGAR + SALT INTO THE YEAST. ADD WATER MIXTURE + STIR WELL. IN A LARGE BOWL, MIX THE YEAST MIXTURE + FLOUR INTO A SMOOTH PASTE.

COVER W/ A PLASTIC WRAP AND KITCHEN TOWEL THEN LET THE BATTER RISE IN A WARM PLACE FOR ABOUT TWO HOURS.

HEAT OIL IN A MEDIUM SIZED POT OR WOK ON MEDIUM HIGH HEAT FOR ABOUT SEVEN MINUTES.

TURN THE HEAT TO MEDIUM THEN GRAB SOME OF THE BATTER WITH YOUR HAND AND DROP INTO OIL. IT WILL FORM A BALL. PUT IN ENOUGH BATTER JUST TO FILL THE PAN, BUT NOT TO OVERCROWD IT.

WHEN ONE SIDE TURNS GOLDEN BROWN, FLIP TO THE OTHER SIDE TO COOK. THE BALLS ARE THOROUGHLY COOKED WHEN GOLDEN BROWN.

REMOVE AND DRAIN ON PAPER TOWEL.

GEORGINA'S RECIPE

KALA

3 CUPS ALL-PURPOSE FLOUR
2 1/4 TSPS ACTIVE DRY YEAST (1 SACHET)
2 CUPS WARM WATER
1 TEASPOON SALT
1/2 CUP SUGAR
1 LITRE VEGETABLE OIL (FOR FRYING)

SHEA HARVEST

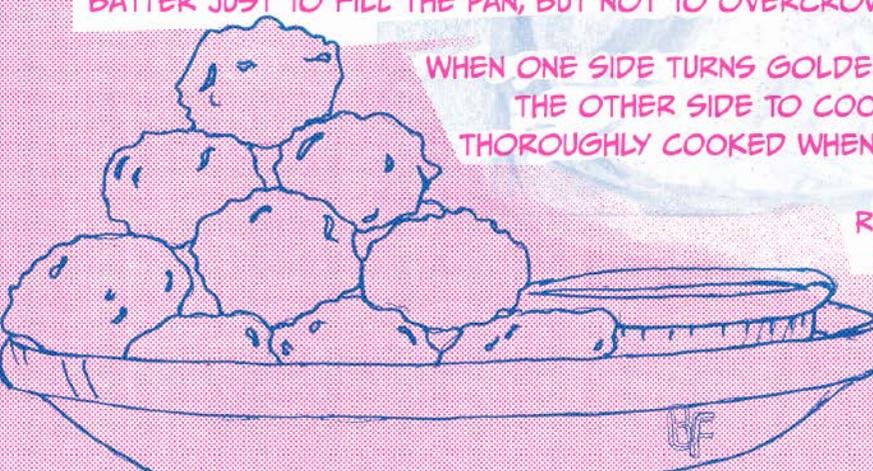


MY INITIATIVE IS CALLED **THE INTERIOR**. THE INTERIOR IS A WORD THAT'S USED ACROSS WEST AFRICA TO DESCRIBE REMOTE RURAL COMMUNITIES, WHETHER A VILLAGE IS BY THE SHORE OR THE OCEAN, IF IT'S REMOTE AND RURAL, IT'S CALLED THE INTERIOR. WE CREATE COOPS AND ECO VILLAGES ACROSS WEST AFRICA THAT CREATE INCOME GENERATING ACTIVITIES THROUGH NATURAL COMMODITIES AND LAND.

WE CREATE PRODUCTS THAT ADD VALUE TO TRADITIONAL PRODUCTS AND SELL DIRECTLY TO THE CONSUMER. AND SO THE SHEA BUTTER PROJECT IS AN EXAMPLE OF THAT.



NANUE'S STORY





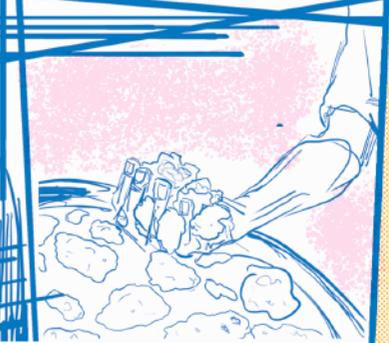
COMPANIES WOULD TRY
TO NEGOTIATE DOWN
TO 60 CENTS FOR
50 POUNDS OF
SHEA BUTTER THEN
PUT HALF A
POUND IN A
JAR + SELL IT
FOR \$10

SOME COMPANIES SAY, "BUY MY PRODUCT, WE
ARE HELPING INDIGENOUS PEOPLE." AND SO
YOU AS A CONSUMER THINK THEY'RE
HELPING THE COMMUNITY,
BUT REALLY THEY
ARE SUSTAINING
THEIR POVERTY.

NANUE'S STORY



THE INTERIOR
CREATES
SUSTAINABLE
EMPLOYMENT
+ PRODUCTS



MANGO BODY BUTTER



1 CUP SHEA BUTTER
1/2 CUP MANGO BUTTER
1/2 ALMOND OIL
25 DROPS OF ESSENTIAL OIL

GATHER A MEDIUM SIZED POT AND A HEATPROOF BOWL. FILL YOUR BOWL WITH SHEA BUTTER AND MANGO BUTTER CAREFULLY SET BOWL IN A POT OF SIMMERING WATER. ALLOW BOWL TO SIT IN THE POT HALF IMMERSDED TO MELT YOUR BUTTERS DOWN. STIR OFTEN WHILE MELTING.

ONCE THE BUTTERS ARE MELTED, CAREFULLY REMOVE YOUR BOWL FROM THE POT. STIR IN THE ALMOND OIL AND 25 DROPS OF ESSENTIAL OIL. WE RECOMMEND MANGO!

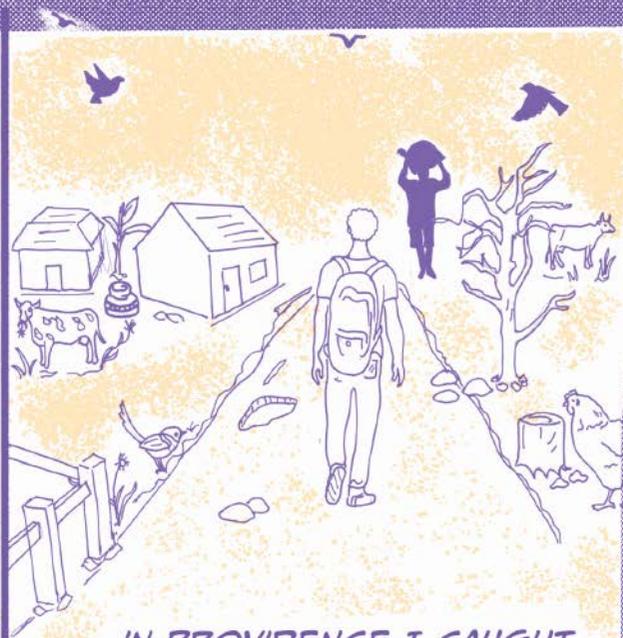
ALLOW THE MIXTURE TO COOL BY CHILLING IN THE FRIDGE

ONCE THE MIXTURE HAS COOLED, WHIP IT WITH AN ELECTRIC MIXER OR WHISK UNTIL YOU HAVE SOFT PEAKS AND A CREAMY TEXTURE.

FROM NANUE

SCHOOL LUNCH

IN BURUNDI I WALKED TO SCHOOL EVERYDAY. JUST A FEW MILES. SCHOOL WOULD BE FROM 7:30AM - 1:30PM. THEN I WOULD COME HOME FOR LUNCH



IN PROVIDENCE I CAUGHT THE BUS TO SCHOOL. IT SHOWED UP RIGHT AT MY FRONT DOOR. THEY HAD ALL SORTS OF OPTIONS FOR LUNCH, BUT I STILL PREFER MY FOOD



Bf

BONNET'S STORY

HERE IS SCHOOL LUNCH IN PROVIDENCE VERSUS IN BUJUMBARA, BURUNDI, WHERE I ATE AT HOME FOR LUNCH— MOSTLY FUFU. FUFU IS STILL MY FAVORITE!



Bf



BONNET'S STORY

FUFU

IS A KEY DISH IN MY CULTURE. IT'S MADE WITH MAIZE MEAL. SOMETIMES WE ADD POUNDED CASSAVA OR PLANTAIN

Bf

FUFU IS BEST WITH SAUCE.

1

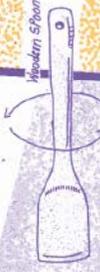
USE LOTS OF FRESH TOMATOES + TOMATO PASTE, ONIONS, GARLIC, DIFFERENT TYPES OF PEPPERS, MUSHROOMS + MEAT IF YOU WANT. -BONNET

2

4

OF PEPPERS, MUSHROOMS + MEAT IF YOU WANT. -BONNET

5



2

3



1

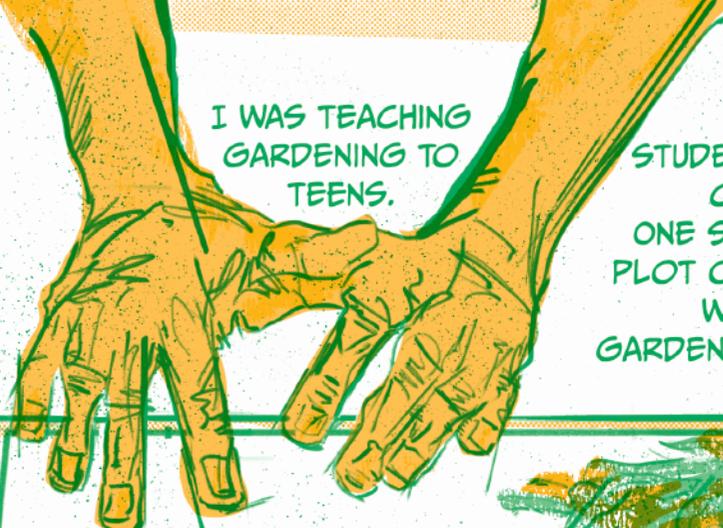


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BONNET'S RECIPE

FRIED FISH

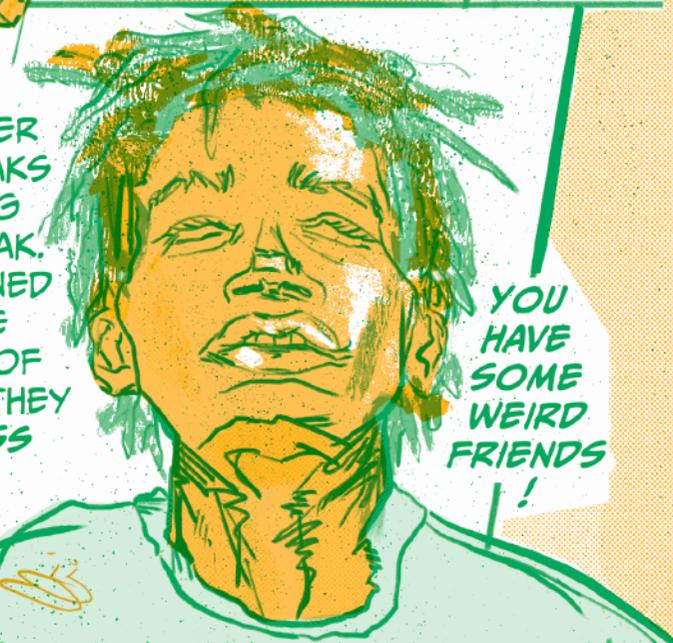




I WAS TEACHING GARDENING TO TEENS.

I ALSO GOT RISD STUDENTS INVOLVED IN THE COMMUNITY GARDENS. ONE STUDENT, MOON, HAD A PLOT OVER THERE. ONE DAY WE WALKED UP TO THE GARDEN + MY STUDENTS SAID *WHAT'S HE DOING?*

HE'S PRAYING TO MOTHER EARTH BEFORE HE BREAKS EARTH. THE FOLLOWING WEEK WAS SPRING BREAK. WHEN EVERYONE RETURNED MOON'S PLANTS WERE THREE TIMES THE SIZE OF EVERYONE ELSE'S. AND THEY SAID *OH MY GOODNESS WE HAVE PRAY!*

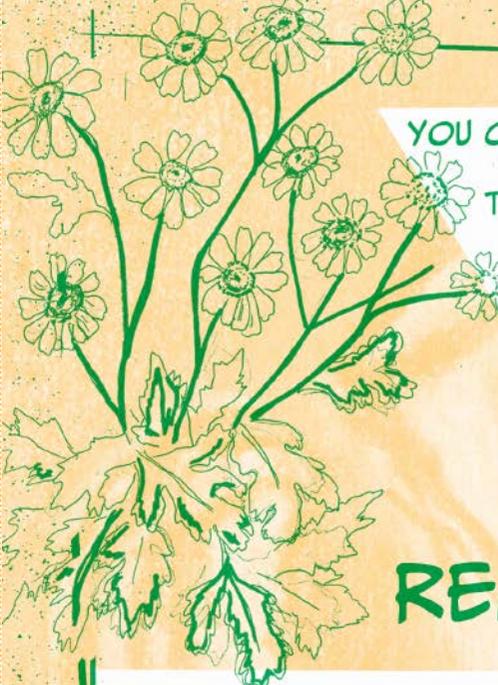


YOU HAVE SOME WEIRD FRIENDS!



BUT YOU'VE ALREADY TAKEN FROM MOTHER EARTH! I KNOW WE ARE GONNA PROMISE WE WILL BE GOOOOOD TO HER!!!

RAFFINI'S STORY



YOU CAN USE **FEVERFEW** BOTH TOPICALLY OR INGEST IT. IT HELPS WITH FEVERS, TOOTH ACHES, BELLY ACHES, HEAD ACHES, ARTHRITIS, INFLAMMATION, MENSTRUAL SYMPTOMS, SOOTHES BUG BITES, + SO MUCH MORE. BLEND IT RAW + EAT IT, POUND IT WITH A LITTLE BIT OF WATER + PEPPER + PUT IT IN YOUR NOSE, ADD IT TO HOT WATER W/ PEPPER + STEAM YOUR NOSE, OR USE THE LEAVES TO MAKE A TEA.

-EDITH

REMEDIES



GROWING UP MY GRANDMOTHER USED TO EAT **HOREHOUND** LOZENGES. IF I HAD A COUGH OR A SORE THROAT SHE WOULD OFFER THEM. I TRIED THEM ONCE + I WAS LIKE *OH NO!* I NEVER ASSOCIATED IT WITH A PLANT. I JUST THOUGHT THEY WERE MEDICINAL CANDIES THAT TASTED SO BAD. LAST YEAR I WAS AT THE PLANT SALE AT CITY FARM AND SAW HOREHOUND! SO I BOUGHT TWO + PLANTED THEM. I DIDN'T KNOW THEY WERE PERENNIAL PLANTS. THEY GREW SO TALL-HOW WOULD I TURN THIS INTO CANDY? I FELT COUGH-Y + FINAL HARVESTED A BUNCH OF IT TO MAKE TEA. TAKE LEAVES OFF THE STEM, WASH THE LEAVES, ADD A TBSP OF THE LEAVES TO HOT WATER, + STEEP FOR 5 MINS. I ADD HONEY + LEMON TO CUT THE BITTERNESS

—JAZANDRA

STARTING SEEDS TO TRANSPLANT

SOWING SEEDS IS A PROCESS OF PLANTING SEEDS IN SMALL POTS INDOORS TO GIVE THEM A HEAD START FOR SPRING. IT'S POSSIBLE TO START SEEDS IN A SUNNY, WARM SPOT IN YOUR OWN HOME! IN RHODE ISLAND OUR LAST FROST USUALLY ARRIVES IN MID-APRIL TO EARLY MAY, SO APRIL 1ST IS A GOOD TIME TO GET STARTED.

WHEN STARTING SEEDLINGS, CHOOSE CROPS W/ LONGER GROWING CYCLES—LIKE TOMATOES + PEPPERS. CARDBOARD EGG CARTONS + B/W NEWSPAPER PAGES CAN EASILY BE USED FOR SEED STARTING. MAKING YOUR OWN PLANTER OUT OF NEWSPAPER ALLOWS YOU TO PLANT THE ENTIRE SEEDLING, NEWSPAPER + ALL, INTO THE GROUND BECAUSE THE NEWSPAPER WILL NATURALLY DECOMPOSE.

A HEALTHY SEEDLING WILL HAVE A BRIGHT COLOR + STRONG ROOTS, + WILL GROW VERTICALLY WITH A STURDY STEM. MAKE SURE YOUR TRAYS ARE IN A SOUTH-FACING WINDOW + GETTING AT LEAST 6 HOURS OF SUNLIGHT A DAY.

BEFORE YOUR SEEDLINGS GO INTO THE GROUND, THIN THEM SO THAT EACH INDIVIDUAL CELL HAS ONLY 1-2 SPROUTS. KEEP IN MIND THAT ROOT CROPS + LEGUMES HAVE REALLY SENSITIVE ROOTS, SO IT'S BETTER TO CUT INDIVIDUAL SPROUTS AT THE SOIL LINE—WHERE THE BASE OF THE SEEDLING STEMS ENTERS THE SOIL—SO YOU DON'T DISTURB THE ROOTS SYSTEM UNDER THE SOIL.

IT'S IMPORTANT TO THIN YOUR PLANTING CONTAINERS SO THAT YOU'LL HAVE ONE STRONG SEEDLING PER CELL INSTEAD OF A BUNCH OF SPROUTS COMPETING WITH ANOTHER.

YOU ARE WHAT YOU EAT SO LET'S SPROUT OUR OWN SEEDS



TEXT EXCERPTED FROM THE SOUTHSIDE COMMUNITY LAND TRUST'S GROWING ORGANIC FOOD IN URBAN NEIGHBORHOODS

DIRECT SEEDING

SOME SEEDS THRIVE IN COOL SOIL IN EARLY SPRING. CROPS LIKE LETTUCES, SPINACH + PEAS ARE BEST STARTED BY DIRECT SEEDING, MEANING SOWING THE SEED DIRECTLY INTO THE SOIL OUTSIDE. THESE PLANTS CAN SPROUT IN TEMPERATURE AS LOW AS 40 DEGREES + WILT IN EXTREME HEAT OF MID-LATE SUMMER, MAKING THEM GOOD SPRING CROPS.

TRANSPLANTING

TRANSPLANTING MEANS PLANTING PRE-GROWN, SLIGHTLY MATURE PLANTS KNOWN AS SEEDLING OR "PLANT STARTS" INTO YOUR GARDEN WHEN THEY ARE AROUND A MONTH OLD. GROW YOUR OWN SEEDLING OR BUY THEM AT GARDENING STORES, NURSERIES OR THE SCLT'S RARE AND UNUSUAL PLANT SALE. TRANSPLANTING MAY BE EASIER FOR BEGINNING GROWERS. ALTHOUGH PLANT STARTS ARE MORE EXPENSIVE THAN SEEDS, YOU'LL GIVE YOUR GARDEN A HEAD START + QUICKEN THE TIME TO MATURITY IN GROUND.

BUILDING A RAISED BED

RAISED BEDS ARE GARDEN BEDS BUILT UP OFF THE GROUND. THEY SOLVE A FEW COMMON PROBLEMS IN URBAN AGRICULTURE—THEY ALLOW US TO CAP + COVER UNSAFE SOIL, DETER SMALL ANIMALS FROM EATING PLANTS + KEEP FEET FROM SQUASHING YOUR SOIL. YOU CAN BUILD A RAISED BED W/ UNTREATED SCRAP WOOD, CINDER BLOCKS, OR BRICKS. ONCE YOU MAKE YOUR RAISED BED FRAME, FILL W/ A MIXTURE OF SOIL + COMPOST.

FOR MORE INFO ON COMPOSTING, PLANT, SOIL, AND WATER CARE CHECK OUT A COPY OF "GROWING ORGANIC FOOD IN URBAN NEIGHBORHOODS" FROM THE SOUTHSIDE COMMUNITY LAND TRUST. AND TALK TO YOUR LOCAL FARMERS AT SCLT COMMUNITY GARDENS AND FARMS IN PROVIDENCE, PAWTUCKET, AND CENTRAL FALL AS WELL AS THE SANKOFA WORLD MARKET.



TEXT EXCERPTED FROM THE SOUTHSIDE COMMUNITY LAND TRUST'S GROWING ORGANIC FOOD IN URBAN NEIGHBORHOODS

AMONGST THE MANY THINGS MY GRANDFATHER GREW WHEN I WAS YOUNGER WAS STRAWBERRIES. THE FIRST TIME I HAD A STRAWBERRY PICKED DIRECTLY FROM THE PLANT MY MIND WAS BLOWN AWAY. THEY TASTED LIKE CANDY!

AFTER WORKING IN THE GARDEN WE WOULD PICK STRAWBERRIES AND HE'D MAKE SHORTCAKE. WE'D SIT AND EAT THEM WHILE LOOKING OUT THE KITCHEN WINDOW DOWN AT THE GARDEN AND OUR DAY'S WORK.



THIS IS A SUPER EASY RECIPE THAT USES REGULAR BISQUICK MIX FOR THE SHORTCAKE, WHICH IS STILL MY GO-TO WAY TO MAKE THEM :) -JAZANDRA



MACERATED STRAWBERRIES: WASH, DE-STEM, AND CHOP STRAWBERRIES TO DESIRED SIZE. PLACE CHOPPED BERRIES IN A BOWL AND SPRINKLE WITH GRANULATED SUGAR. STIR AND SET IN THE FRIDGE FOR AT LEAST 30 MINUTES TO MARINATE.

SHORTBREAD: FOLLOWING THE RECIPE ON THE BISQUICK BOX, OMITTING THE EGGS, + SUBBING DAIRY MILK FOR NON-DAIRY MILK OF CHOICE. BAKE ACCORDINGLY. LET SHORTCAKES COOK SLIGHTLY BEFORE SERVING.

COCONUT CREAM: CHILL ONE CAN OF COCONUT MILK (14.5 OZ) AND A GLASS OR METAL MIXING BOWL IN THE FRIDGE FOR 2 HOURS, MINIMUM. AFTER THE COCONUT MILK IS CHILLED OPEN THE CAN GENTLY BEING SURE NOT TO SHAKE THE CONTENTS. THE MILK WILL HAVE SEPARATED INTO TWO PARTS: LIQUID AND SOLID. REMOVE THE SOLIDS WITH A SPOON AND PLACE INTO THE CHILLED BOWL. MEASURE OUT ½ CUP OF GRANULATED SUGAR AND 2 TSP OF VANILLA EXTRACT AND ADD TO COCONUT CREAM. USING A WHISK OR ELECTRIC MIXER, WHIP UNTIL FLUFFY. RETURN THE BOWL TO THE FRIDGE, AS NEEDED DURING MIXING TO KEEP THE CONTENTS COLD. USE CREAM IMMEDIATELY.

JAZANDRA'S RECIPE

STRAWBERRY SHORTCAKE W/ COCONUT WHIPPED CREAM





IN THE REFUGEE CAMP THE MEAL WAS ALWAYS THE SAME. THE MEAL DOESN'T CHANGE. WE STAYED IN THE REFUGEE CAMP FOR 17 YEARS AND THE MEAL WAS ALL THE SAME EVERY SINGLE DAY. THAT'S SOMETHING THAT I WILL NEVER FORGET -ISABEL

ISABEL'S STORY

WE MAKE THE HARD PAP. WE COOK THE BEANS. AND THAT'S HOW WE EAT. THEN WE EAT TOGETHER SOY FLOUR FOR SOFT PORRIDGE.

WITH A LITTLE BIT OF COOKING OIL

15 GRAMS OF SALT

SINCE THE DAY I WENT INTO THE REFUGEE CAMP UNTIL THE DAY I LEFT. THAT WAS THE MEAL

WHEN WE CAME HERE IT WAS TOO MUCH. THAT'S WHY WHEN THE REFUGEES COME TO THE U.S. THE FIRST THINGS THEY EAT: PIZZA, SODA, CANDY, COOKIES—IT TAKES A VERY LONG TIME FOR PEOPLE TO REALIZE WE CAN NOT EAT THAT. BUT WE DIDN'T HAVE THE OPPORTUNITY TO EAT THAT BEFORE.



OUR FIRST JOB IN PROVIDENCE WAS AT A MEAT FACTORY

WE DIDN'T KNOW THAT PEOPLE TOOK THEIR OWN FOOD TO WORK. NO ONE TOLD US. WE THOUGHT MAYBE THERE WERE SHOPS NEARBY OR THE JOB WOULD PROVIDE IT. SO WE ONLY TOOK 2 BIG APPLES.

WE WORKED 6:45AM -7PM

DURING BREAK PEOPLE WOULD LEAVE—WE THOUGHT WHERE ARE THEY GOING? THEY HAD ALL OF THESE DIFFERENT SMALL BAGS—WE THOUGHT WHERE ARE THEY GETTING THESE? HA! IMAGINE! WE HAD TO SURVIVE WITH TWO APPLES. AT THE LAST BREAK WE REALIZED WHAT WAS GOING ON

ISABEL'S STORY

SOAK DRIED SALT FISH IN HOT WATER—STILL KEEPING SOME OF IT'S SALTINESS. SEASON THE COD FISH W/ GARLIC, SALT + LEMON JUICE OR VINEGAR, IF YOU PREFER.

SAUTE FISH IN OIL W/ ONION, GARLIC, TOMATOES, PEPPER, SWEET POTATO LEAVES, PLANTAIN + SLICED OKRA

THE PALM OIL IS THE LAST INGREDIENT TO BE ADDED. SIMMER UNTIL EVERYTHING IS WELL COOKED + TENDER

THE FISH CALLALOO IS SERVED WITH MANIOC FLOUR PORRIDGE WHICH IS CALLED FUNJE

THIS DISH IS THE MOST POPULAR IN ANGOLA BECAUSE OF IT'S NUTRITIOUS INGREDIENTS. VARIOUS VERSION OF FISH CALLALOO ARE A PART OF FOOD TRADITIONS THROUGHOUT AFRICA + THE CARRIBEAN

ISABEL'S RECIPE

CALULU DE PEIXE FISH CALLALOO

2 LB. FRESH COD FISH FILLETS, CUT INTO BITE-SIZED PIECES
2 SLICES OF DRIED FISH
1 ONION, SLICED THIN
3 RIPE TOMATOES, CHOPPED
1 SCOTCH BONNET PEPPER MINCED
18 OZ. FRESH OKRA, TRIMMED AN SLICED
2 PLANTAINS, PEELED AND CHOPPED INTO LARGE CHUNKS
35 OZ. (1KG) SWEET POTATO LEAVES (OR SPINACH)
4 GARLIC CLOVES, PEELED + CHOPPED FINE
1 TSP. GROUND COURSE SEA SALT
2 TBSP. LEMON JUICE
10 OZ. RED PALM OIL (OR SUNFLOWER OIL)
VEGETABLE OIL, FOR SAUTÉING





LIBERIAN FOOD IS VERY VEGGIE BASED!
IF IT GROWS WE EAT IT!
 WE EAT EVERY PART OF THE PLANT.
 THERE IS A LOT OF IRON IN OUR CUISINE



I THINK THE MORE THAT WE ARE GROWING OUR OWN FOOD THE BETTER OUR HEALTH.



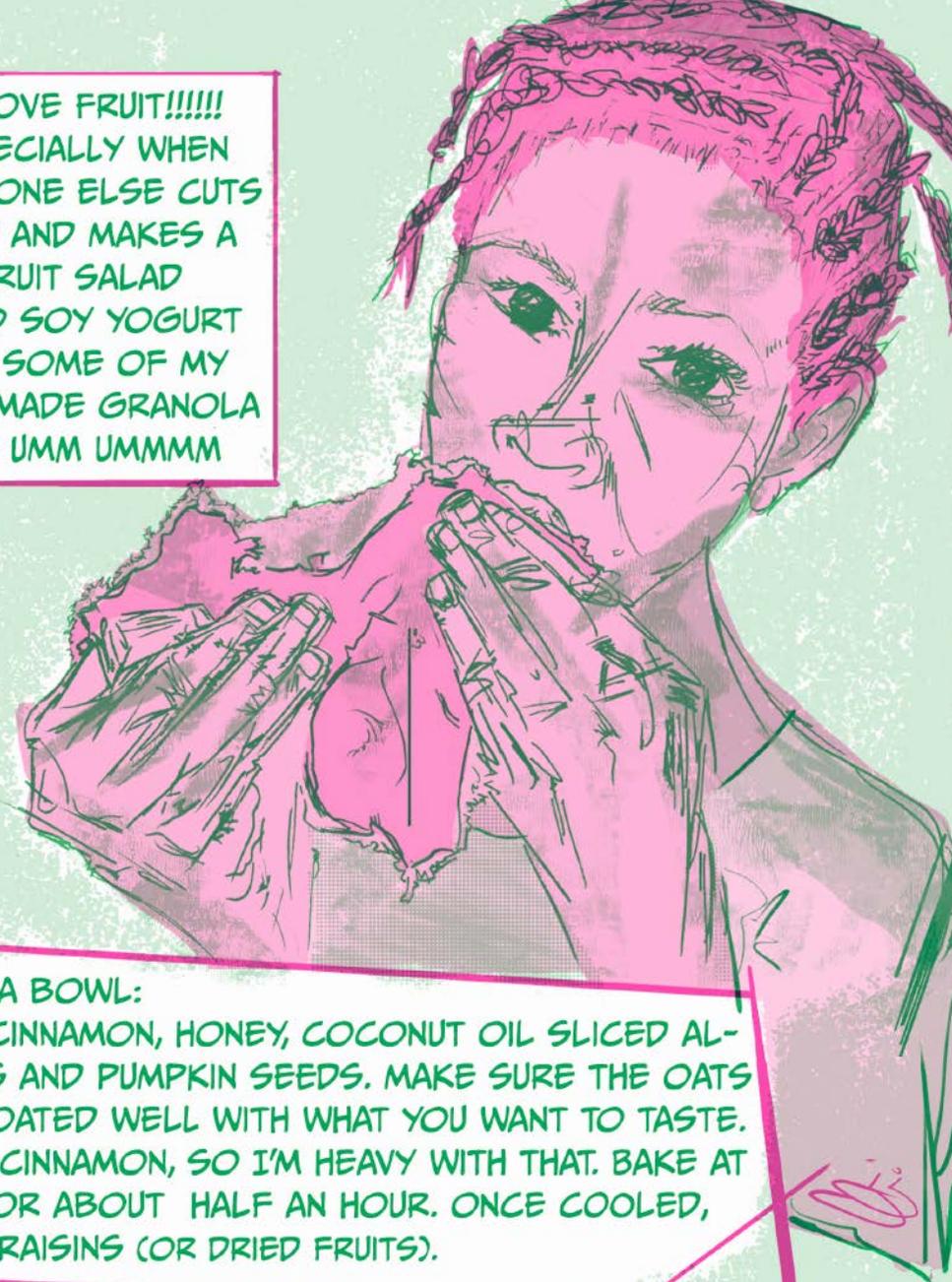
WE'RE NOT WALKING, WE'RE LESS ACTIVE—JUMPING IN CARS, GOING TO WORK 7 DAYS A WEEK + THEN COMING BACK TO THE COLD. THIS LIFESTYLE NOT ONLY IMPACTS LIBERIANS + AFRICANS, BUT ETHNIC PEOPLE IN GENERAL. SO I THINK THAT'S WHERE THE UNHEALTHY PART COMES IN + PLAYS A ROLE. THE LIFESTYLE IS JUST AS IMPACTFUL AS THE ACTUAL DIET.

—NANUE

AT THE END OF THE DAY, I THINK IT'S THE LIFESTYLE THAT WE LIVE IN THE U.S. IN THE U.S. THEY ASK, DO YOU EAT BREAKFAST? NO! PEOPLE BACK HOME USUALLY DO PHYSICALLY DEMANDING WORK IN THE MORNING. THEY MIGHT EAT THEIR FIRST MEAL AT NOON + THEIR LAST AT 9PM.

WE WERE INTERMITTENT FASTING BEFORE THERE WAS A NAME FOR IT! IT HELPS YOU WITH YOUR DIGESTION, HELPS W/ WEIGHT, ETC., BUT IMPOSING RESTRICTIONS ON FOOD THAT'S ALREADY HEAVY—SAYING YOU HAVE TO EAT 3 TIMES A DAY PLUS SNACK— THAT'S A PROBLEM WHEN

I LOVE FRUIT!!!!!!
 ESPECIALLY WHEN SOMEONE ELSE CUTS IT UP AND MAKES A FRUIT SALAD
 I ADD SOY YOGURT AND SOME OF MY HOMEMADE GRANOLA AND UMM UMMMM



MIX IN A BOWL:
 OATS, CINNAMON, HONEY, COCONUT OIL SLICED ALMONDS AND PUMPKIN SEEDS. MAKE SURE THE OATS ARE COATED WELL WITH WHAT YOU WANT TO TASTE. I LIKE CINNAMON, SO I'M HEAVY WITH THAT. BAKE AT 250 FOR ABOUT HALF AN HOUR. ONCE COOLED, MIX IN RAISINS (OR DRIED FRUITS).

RAFFINI'S RECIPE



MY NAME IS JAZZMEN LEE-JOHNSON. I AM THE INAUGURAL ARTIST IN RESIDENCE AT THE RHODE ISLAND DEPARTMENT OF HEALTH UTILIZING THE ARTS TO CONFRONT HEALTH DISPARITIES + SHAPE HEALTH EQUITY. I GREW UP ON CARTOONS, COMICS, DANCE, + SOUTHERN COOKING IN BALTIMORE, LATER MOVING TO PROVIDENCE TO STUDY FILM, ANIMATION + PUBLIC HUMANITIES. NOW I CALL RI HOME + CONTINUE TO WORK AT THE INTERSECTION OF ARTS, HUMANITIES, + HISTORY.

MY NAME IS BONNET FAHARI, I'M 20 YEARS OLD. I AM A STUDENT AT CCRI. MY FAMILY COMES FROM THE DEMOCRATIC REPUBLIC OF CONGO, BUT WE LIVED IN BURUNDI CAMP FOR 15 YEARS BEFORE GETTING ASYLUM + MOVING TO RHODE ISLAND IN 2014. I REALLY ENJOY DRAWING, BECAUSE IT GIVES ME ANOTHER WAY TO EXPRESS MYSELF.



I'M ALEJANDRA MAYORGA. I WAS BORN + RAISED IN PROVIDENCE, RI. MY PARENTS + FAMILY ARE FROM GUATEMALA. I FEEL LUCKY TO HAVE GROWN UP IN A CITY LIKE PROVIDENCE WHERE I AM ABLE TO BE INSPIRED BY SO MANY ARTISTS + LEARN FROM THEM. I AM AN URBAN FARMER + REALLY INSPIRED BY THE MANY FARMERS WHO CARE DEEPLY ABOUT FRESH LOCAL FOOD FOR THE COMMUNITY.

THIS PROJECT WAS MADE POSSIBLE THROUGH THE GENEROUS SUPPORT OF:



ARTPLACE