

Guelph-Wellington
Charter for Food Justice

AT OUR TABLE

a community cookbook



food system
resiliency table
Guelph-Wellington

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Understanding Food Justice

Food Justice aims to equitably share the benefits and risks of where, what and how food is grown, produced, transported, distributed, accessed and eaten.

Food Justice represents a transformation of the current food system by eliminating disparities and inequities.

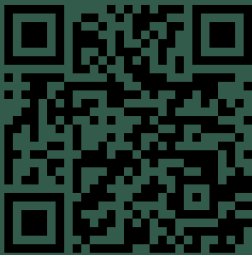
Simply put, Food Justice aims to ensure everyone can easily access healthy food and that the way it's produced and distributed is fair to all involved.



About the Charter

The **Guelph-Wellington Charter for Food Justice** describes our community's vision and values for a just and sustainable food system. This Charter aims to connect communities, businesses and governments to invest in a food system where the right to food is upheld and where all people, relationships, economic and ecological systems can flourish.

The Charter's vision acts to connect communities, businesses and governments - and drive collective action toward creating a food system where the right to food is upheld, and where all people, relationships, economic and ecological systems can flourish.



Scan to
learn
more
about
the
Charter



Our Values

Together, we are building a food movement that:

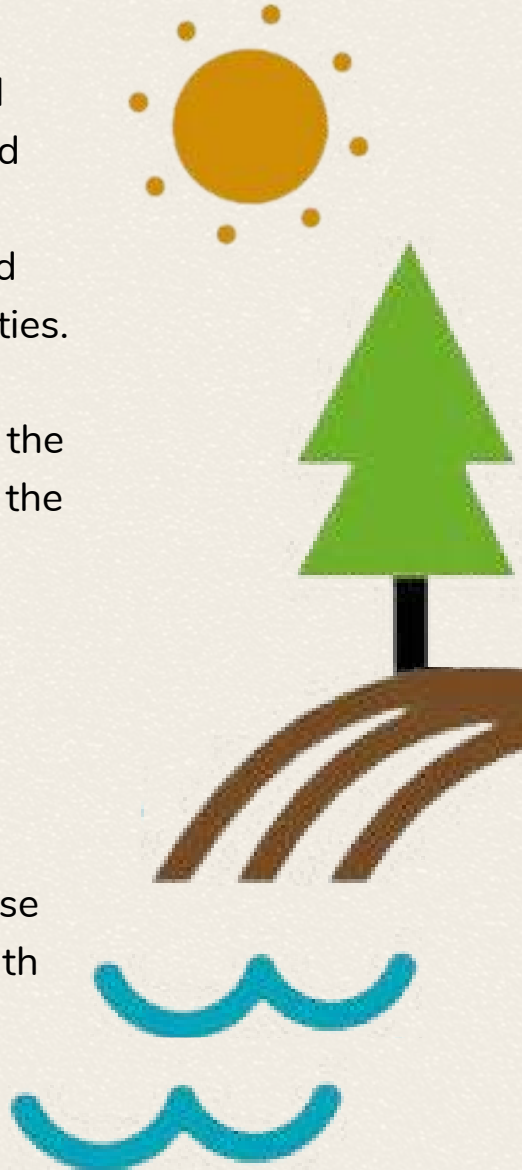
Is led by community members with lived experience of food insecurity including Black, Indigenous, people of colour, low income, LGBTQ2S+, and disabled communities and enables their stewardship over the food system to meet their needs.

Advances policies and programs that end systemic oppression and promote fair outcomes for health and wellbeing.

Understands food insecurity as a symptom of poverty and calls for adequate income and access to resources.

We Value **Land and All Our Relations**

- Self-determination and equitable access to land and resources for Indigenous peoples and marginalized communities.
- Initiatives that address the unbalanced impacts of the climate crisis.
- Learning from and restoring the land and water.
- Rural and urban land use that prioritizes the health of the land and biodiversity.



We value **Health & Wellbeing**

- Recognizing the role of food and nutrition in preventing and managing diseases.
- Advancing policies and programs that make affordable food available where we live, learn, heal, work and play.
- Community design that makes food accessible by walking, biking or public transit.
- Facilitating opportunities that promote food skills and knowledge.

We value **Education**

- Opportunities to honour and share traditional knowledge and practices.
- Public education about the whole food system.
- Initiatives that allow people to better understand farming and agricultural practices.
- Fostering positive relationships with food by learning about mindful eating practices, cooking skills and food safety.



(FFH)²: Food for home - Food from Home Project

(FFH)² is a project of "The Art of Soil Collective"(The Art of Soil Collective (or T.A.S.C.) is the brain-spirit child of Dr. Karen Houle) which supports community, soil and creative engagement of all kinds in the service of ecological-social justice and healing.

(FFH)² is a 3-year urban agriculture project in the City of Guelph funded by the “Our Food Future” megaproject.

“(FFH)² functions as an open collective with newcomers of all ages, and from all corners of the globe, who have expressed interest in learning how to grow

food, or, who already know how to grow food but currently lack access to arable land, a supportive community, tools or \$\$.”





Food from Home



Food for Home

“An impromptu “pot luck” at the farm site: Omelnisaa made molokhia and I (Karen Houle) made the purslane stew”



“Tomatoes grown at our 100 Westmount “Food from Home = Food for Home” - Karen Houle

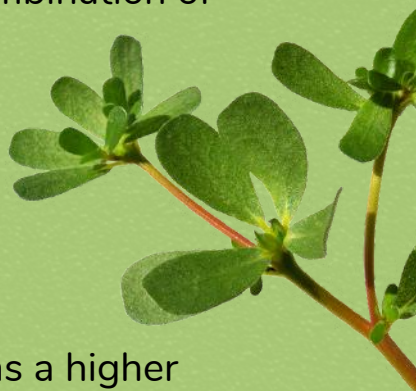
What is Purslane?

Purslane is a staple in Middle Eastern cuisine. This leafy green is a vegetable and not a weed, and it is used in a variety of Palestinian, Lebanese, and Turkish dishes.

This plant has medium-hard, thick, juicy stems and tender leaves. It has a mildly sweet and acidic flavour and tastes similar to a combination of watercress and spinach.

Health Benefits of Purslane

Purslane is low in calories and has a higher nutritional value than most other herbal vegetables. It is high in vitamins A and C and minerals such as magnesium, iron, potassium, and calcium. Purslane also has the highest-recorded omega-3 fatty acids than in any land plant, so you have a strong reason for using this healthy vegetable in your cooking.



Purslane Stew

Ingredients

Two onions	Crushed garlic
1lb of chosen meat	Salt
A little oil	2 tbsp black pepper
Two ties of purslane	2 tbsp coriander
Small bundle of fennel	Tomato sauce
1 cup lentils	Two tomatoes

Instructions

- Heat olive oil in a large pot over medium heat
- Add finely chopped onions and sauté until soft (approx. 5 minutes)
- Add meat and cook until browned
- Reduce heat to low, add a bit of water, cover, and simmer for 15 minutes
- While the meat simmers, finely chop purslane, fennel, and tomatoes
- Add the rest of the ingredients and two cups of water
- Cover and continue to simmer on low heat for 30 minutes, until the lentils are tender. Add a little bit of water if needed.

What is Molokhia?

Molokhia is a Middle Eastern super-green that is rich in nutrients.

Cooked leaves have a viscous feel, and dried leaves may be used to thicken soups or brewed as a tea. Vitamins A, C, E, K, potassium, calcium, and magnesium are abundant in the leaves, which also contain beta carotene, iron, and more than 32 vitamins, minerals, and trace elements. It's said to help with digestion and vision.

History of Molokhia

Known as the "food of kings", Molokhia dates back to the time of the pharaohs, when an Egyptian king drank it in soup to recover from an illness (there are even hieroglyphs of this plant!). Today, it is the most widely eaten vegetable in Egypt, where it is often cooked with rabbit broth, garlic and coriander and served with baked rabbits and rice. Molokhia is consumed all over Northern Africa and around the Middle East.



Molokhia Stew

Ingredients

2 Tablespoons ghee.

½ Tablespoon crushed garlic.

2-3 Large garlic cloves.

1 ½ Tablespoon dry coriander.

1 Cube chicken bouillon.

2-3 Cups chicken broth divided.

¼ Teaspoon baking soda.

2 Tablespoons to ¼ cup tomato sauce. optional.

1 (400g) Package of frozen Molokhia.

Salt to taste.

Instructions

- In a deep pot over medium-high heat melt ghee then sauté garlic for 15-30 seconds until lightly golden and fragrant.
- Add coriander and keep stirring for another 30 seconds.
- Pour in one and half cups broth and sprinkle the bouillon cube.
- Stir everything together until bouillon is dissolved. Stir in the baking soda if using.
- Add the Molokhia, and turn down the heat to medium low. Using a whisk stir until the Molokhia has melted completely in the broth.
- Pour in the tomato sauce and still well.

Molokhia Stew

Instructions Continued

- Check consistency of the Molokhia, It is going to be thick. If you like it that way then do not add any more broth but if you want it thinner then add broth until you reach the consistency you love.
- Now check the taste if you need more sweetness and tartness add more tomato sauce. If it needs more salt add salt to your liking.
- Continue cooking Molokhia until the leaves are cooked and do not taste raw anymore.
- Molokhia is usually done when it just starts boiling all over on low heat.
- Do not cover Molokhia immediately, let it cool down completely before covering or serve directly with rice, chicken and pita bread.



Scan below to learn more about (FFH)²: Food for home - Food from Home Project...



f.u.n. Fridays

Food Uniting Neighbours (f.u.n.) is a group of people who live, work, study, and/or play in Onward Willow.

Established in May 2022, f.u.n. is a grassroots collective, led by 12 Community Advisors (CAs), faculty and graduate students from the University of Guelph's Applied Human Nutrition program, and staff from 10C Shared Space. We also work closely with project partners from the Guelph Community Health Centre and Our Food Future Guelph-Wellington.



f.u.n.
food uniting
neighbours

f.u.n. Goals

f.u.n.'s ultimate goal is to help improve access to nourishing food and build food-based activities that are designed by the neighbourhood, for the neighbourhood.

We position ourselves as a resource for food access information, a liaison between the community and food-based organizations and retailers, and an advocate for actions that meet the community's expectations for food equity.

For many of the CAs, their knowledge and concerns come from lived experiences related to food insecurity. As a team, we identified 7 focus areas for improving food access: transportation, food costs, food-based skills building, access to kitchen tools, the sociability of food, garden space, and food programs.

In collaboration with SDG Cities, we wanted to better understand how f.u.n. Fridays is making a difference in the community...

What is SDG Cities?

SDG (Sustainable Development Goal) Cities was a collaborative, community-driven project supporting localization of the UN Sustainable Development Goals in Guelph from 2021-2024.

The UN Sustainable Development Goals, put forward by the United Nations as a part of the 2030 Agenda for Sustainable Development, represent a shared vision for a just, sustainable, and prosperous future.

SDG Cities was developed and delivered locally by 10C Shared Space and 10C continues to incorporate the SDGs into all future projects and initiatives

Scan to learn more about SDG Cities



f.u.n. Results

In collaboration with SDG Cities, we wanted to better understand how f.u.n. Fridays is making a difference in the community... so we decided to ask f.u.n. Friday participants a few questions and these were their answers:

f.u.n. Friday makes our neighbourhood more...

Inclusive!
Welcoming!
Loving!

Busy + full
of life and I
can meet a
lot of
people! ❤️

Inviting
Caring
Sharing
Spending time
together!

Meeting
new people
and the
food!

I love f.u.n.
Fridays because
it makes our
sense of
community
stronger!

Connected
to one
another +
resources!

❤️
Very
accessible
food source!
Thank you!

Social!
Together
and not
alone

Friendly!
❤️

f.u.n. Results Cntd.

f.u.n. Friday participants answered a few questions about how the program was making a difference in their community and these were their answers:

I come to f.u.n. Friday because...

I come to socialize and meet some people in my community!

Makes myself get out + meet people!


Volunteer!

I wanted to be a part of my community!

Community, people coming together, ensuring they're valued, seen, heard!

To get new experiences + to volunteer

We gather, communicate and buy what we need plus have some free stuff and eat :)

The food!


Fun sources of food + happiness

f.u.n. Accomplishments

To tackle food costs, f.u.n., partnered with Groceries from the SEED and distributed gift cards for their online, sliding scale grocery store.



They also addressed transportation barriers by procuring and distributing wagons for community members to use during grocery trips. Throughout the program, \$400 worth of gift cards and 50 grocery carts and wagons were distributed.



f.u.n. Accomplishments

Cntd.

Three successful Community Cafes took place at the Shelldale Community Centre, a beloved community hub in Onward Willow. These cafes, held in collaboration with Community FEWD, served a total of 900 meals.

In addition to the cafes, f.u.n. organized cooking and gardening workshops. Ten workshops, facilitated by local experts, engaged over 60 community participants.

Additionally, supplies were provided to 10 individuals to support their home food-growing efforts.



Pakistani-Style Chickpea Curry

Instructions

- Heat Cooking Oil on low heat in a large pot
- Add Spice Mix - stir well and fry for 2-3 mins
- Mix in Red Lentils - fry for 2-3 mins
- Add 1/2 cup Water - Cover and simmer on low heat for 15 mins
- Add Chickpeas and remaining 3 cups Water - stir to mix well
- Add Salt and Baking Soda - stir to mix well
- Cover and let simmer on low heat for 20-30 mins
- Using a potato masher, lightly mash the chickpeas
- Give it one last stir, and serve with rice or naan (or both!)



**Scan below to learn
more about f.u.n.
(Food Uniting
Neighbours)...**



f.u.n.
food uniting
neighbours



The SEED: Upcycle Kitchen

Good food with (re)purpose.

The SEED partners with local farmers, suppliers and businesses to reduce the amount of good food that winds up in the landfill.

The Upcycle Kitchen is a volunteer-led initiative that takes food that would have otherwise gone to waste and is instead cooked to make frozen meals or baked to make fresh and frozen muffins for sale.



“All of our products... Fight food waste, increase food access, [and] employ out-of-work youth”

Giving food a delicious makeover

About Food Waste

More than half the food produced in Canada is thrown out. Of that wasted produce, 1/3 of it is still perfectly fine to eat!

This loss amounts to over 35 million tonnes of food, 56 million tonnes of greenhouse gas emissions, and 49 billion dollars. A lot of this waste happens in the supply chain.



Carrot Spice

Muffins

Ingredients

4 cup flour	1 tsp nutmeg
2 cup white sugar	4 cup shredded carrots
6 tsp baking powder	2 cup apples
1 tsp salt	6 eggs
4 tsp cinnamon	2 cup oil
1 tsp all spice	

Instructions

- In large bowl, mix all dry ingredients
- Stir into the dry mix the carrots and apples
- In separate bowl, beat the eggs and oil
- Stir egg mixture into large bowl until batter is just combined.
- Spoon into lined muffin trays.
- Bake in a preheated 350 degree oven for 20-22 minutes.



Banana S'more Muffins

Ingredients

2 cups flour	2 cups mashed bananas
1 cup graham cracker crumbs	1 cup milk
1/2 cup brown sugar	1/4 cup canola oil
1 tsp baking soda	1 egg
1 tsp baking powder	1 tsp vanilla
1 tsp cinnamon	1 1/4 cup chocolate chips
1/2 tsp salt	3/4 cup marshmallows

Instructions

- Combine all dry ingredients
- In a separate large bowl, combine wet ingredients
- Mix dry ingredients into wet until just combined
- Fold in 1/2 cup of chocolate chips
- Assembly: put a little bit less than half a scoop of mix, add 3 marshmallows and an additional half scoop of mix. Top each muffin with a few marshmallows and chocolate chips.
- Bake at 350 degrees for about 16 minutes.

Scan below to learn more about the SEED Upcycle Kitchen...



Shelldale Farm Park: Eating for Energy Workshop

A nutrition workshop hosted by the dietitians at the Guelph Community Health Centre focused on exploring the energy-providing properties of foods cultivated at Shelldale Farm Park by local farmers, alongside insights into the body's metabolic processes.

The dietitians explained the origins and varieties of carbohydrates, dispelling prevalent misconceptions surrounding carbs.



Workshop Summary

Attendees, including gardeners, the Shelldale Farm Park Advisory, dietitians, and community members, engaged in discussions covering various food-related topics.

Topics Included:

- Mealtime strategies for optimal energy levels
- Dietary considerations associated with aging
- Food preservation techniques like freezing
- Alternative methods to enhance energy levels beyond nutrition
- Cultivation of vibrant, nutritionally diverse produce within garden plots at Shelldale Farm Park

Foods for Energy Found in Shelldale Farm Park:

Mustard leaf, sweet corn, kale, spinach, hot peppers, turnips, fenugreek, tomatoes, cucumber, squash, water spinach, and white amaranth.

**Scan below to
access more
information about
nutrition workshops:**



Guelph CHC
growing healthy together

Community FEWD

What is FEWD?

Food Equity With Dignity (pronounced FOOD), offers an equitable, dignified, and nourishing food source for community members no matter their economic status.

It approaches food preparation with the same methods used at celebrated farm-to-table restaurants and food businesses.



“Most food security programs lack the labour force and facilities required to safely process mass quantities of perishables in a timely and food-safe manner on an ongoing basis - Community FEWD does this.”

How FEWD Works

FEWD has no fixed menu and draws on the creativity, skills and flexibility of experienced cooks, allowing raw ingredients to be quickly transformed into delicious menu items; creating a continuous stream for getting surplus food out of fields, boxes, fridges and freezers - and onto dinner tables of families throughout our community.

The operation is led by experienced cooks with support from teams of volunteers and students. These teams create restaurant-quality, nutritious meals available to all - through a by-donation system - and bring them to neighbourhoods throughout Guelph.

**FEWD offers delicious
take-home dinners in
Guelph - check the
calendar for locations in
your neighbourhood:**



Vegan Power

Bowl

Prep Time: 10 Minutes Servings: 4-6

Cook Time: 35 Minutes

Ingredients

For Power Bowl:

2 cups brown rice

1 can black beans

3 cups shredded
cabbage

1/2 head broccoli

2 medium carrots

4 beets

For Dressing:

1 bunch spinach

2/3 cup olive oil

1/3 cup apple cider vinegar

1 tbsp grated fresh ginger

3 cloves grated fresh garlic

1/2 tsp salt

1/4 tsp pepper

Instructions

For Dressing (Yields 1 Cup):

- Add spinach, apple cider vinegar, olive oil, ginger, garlic, salt, and pepper to a blender
- Blend thoroughly
- Bottle dressing and refrigerate until ready to use
- Use dressing within 3-5 days

Vegan Power Bowl

Instructions continued

Preparation Instructions for Power Bowl:

- Wash cabbage, carrots, beets, and broccoli.
- Peel and cut the tips and tails from the carrots and chop into medallions. Set aside.
- Cut broccoli into florets. Set aside.
- Shred cabbage. Set aside.
- Cut beets apart from their beet greens.

Cooking Instructions for Power Bowl:

- Add 4 cups of water and 2 cups of uncooked brown rice to a medium-sized saucepan.
- Bring the water and rice to a boil.
- Reduce heat, cover, and simmer for about 35 minutes, until the rice is tender and has absorbed the water.
- Set prepared rice aside.
- While the rice is cooking, rinse and drain 1 can of black beans. Set aside.
- Steam carrots and broccoli until desired softness. Set aside.

Vegan Power Bowl

Instructions continued

- Top up the water used for steaming, and boil the beets for about 20 mins, or until fork tender.
 - NOTE: The larger the beet, the more time it will need.
- Scoop out tender beets and run them under cold water with a colander.
- Set aside for a few minutes to cool.
- Once cool, beet peels should slide right off with your hands.
- Chop to desired size and set aside

Plating Instructions:

- Start with prepared rice as your base.
- Layer with black beans, shredded cabbage, carrots, broccoli, and beets.
- Drizzle with dressing. Enjoy!



Vegetable

Fritters

Prep Time: 15 Minutes Servings: 4-6

Cook Time: 35 Minutes

Ingredients

3 eggs	1 large carrot
2 cups brown rice	1 tsp ginger
2 tbsp coriander seeds	1/2 onion
1 large potato	1/2 tsp turmeric
1 tbsp cumin seed	Canola oil
1 zucchini	1 cup chickpea flour
1tbsp garlic powder	Salt & pepper to taste

Instructions

Prepping Rice

- Add 4 cups of water and 2 cups of uncooked brown rice to a medium sized saucepan
- Bring the water and rice to a boil
- Reduce the heat, cover, and simmer for about 35 minutes, until the rice is tender and has absorbed the water
- Set the prepared rice aside

Vegetable

Fritters

Instructions continued

Prepping Vegetables (while rice cooks)

- Grate potato and zucchini
- Squeeze out any excess liquid with a kitchen towel
- Set aside



Finished Plate Photo Credit: Jonathon Barraball/ Dilettante Hospitality

Prepping Spices

In a frying pan, dry roast the coriander and cumin seeds.

- Begin by dry heating up a frying pan.
- When hot, pour in the coriander and cumin seeds to roast.
- Move the pan around continuously so the seeds do not burn.
- After a minute or two, the seeds should begin to crackle and pop and you should start smelling the spices.
- Set the prepared spices aside.

Cooking Instructions:

- Combine the potato, zucchini, carrot, onion, toasted spices, and eggs in a bowl

Vegetable

Fritters

Instructions continued

Cooking Instructions Continued:

- In a separate bowl, combine the chickpea flour, garlic powder, ginger powder, turmeric, salt, and pepper
- Combine the dry ingredients with the wet ingredients and mix well
- Heat a skillet over medium heat.
- Coat the skillet with a tbsp of canola oil.
- Scoop the fritter mix a ¼ cup at a time, and ladle into the hot skillet.
- Allow the mixture to cook until the edges firm up (about 8 - 10 minutes depending on thickness).
 - TIP: Waiting until the edges are firm will ensure the fritter stays together while flipping
- Flip the fritters, and cook for another 5 - 10 minutes until desired crispiness.

Plating Instructions:

- Serve the prepared fritters with your desired sides (rice in our case) and sauces.

**Scan code to
learn more about
Community FEWD:**



Since May 2022, FEWD has:



**32,000
meals**

Served 32,000 meals
in 6 neighbourhoods
in Guelph



**31,240
Lbs of
Food**

Rescued 14,200
kg (31,240lbs)
of food



**100
Volunteers**

Engaged
over 100
volunteers



**6K
Volunteer
hours**

Received 6000
volunteer hours
(value of \$125,400)



community
FEWD FOOD EQUITY
WITH DIGNITY

We love feeding you

Donate securely at FEWD.CA



Indigenous Food Sovereignty



Indigenous Food Sovereignty is led by Nookomis [Ojibwe for Grandmother] Carol Tyler.

This project distributes healthy, traditional foods to Indigenous community members promoting food security, health, cultural connection and overall well-being.



What is Manoomin?

“According to oral tradition, the Anishinaabeg people, also known as Ojibwe or Chippewa, followed a shell in the sky thousands of years ago to find a place where food grows on water. Their journey led them from the east coast of the United States to the Great Lakes region, which encompasses parts of both the United States and Canada that surround the five Great Lakes, including eight US states and the Canadian province of Ontario. It is named after the Great Lakes basin, the geological formation underlying the watershed of the lakes.

They settled in the Great Lakes area because of wild rice (Zizania), which grows in lakes and thus fulfills the prophecy. In fact, it is the only grain native to North America. Known to the Anishinaabeg as manoomin, meaning the “good berry”, it became a spiritual and cultural staple as well as a culinary one. Wild rice is an important food source for people and wildlife such as the waterfowl.”



Manoomin Facts

- Referred to as ‘the food that grows on water’
- Considered a sacred gift from the Creator
- Traditional harvesting of manoomin involves techniques passed down through generations:
 - Hand-harvesting from canoes using wooden knockers to gently bend the rice stalks over the canoe and thresh the grains into the boat.
- European colonization and subsequent settlement led to the disruption of traditional manoomin harvesting practices.
 - Dam construction, water pollution, and land development have all threatened wild rice habitats and reduced its availability in many regions.



Manomin

Nutrition Facts



- Cooked manomin provides fewer calories than the same serving of brown or white rice
- Low calorie / high nutrient content make manomin a nutrient dense food
- Manomin contains more protein than regular rice and many other grains
- Manomin is considered a complete protein, meaning it contains all nine essential amino acids
- Manomin is a source of powerful antioxidants.
 - Antioxidants are important for overall health
- Higher intake of whole grains like manomin is associated with decreased risk of heart disease.
- Eating manomin has been shown to improve blood sugar and control and reduce insulin resistance.

Nutrition Facts	
Serving size	(100g)
Amount Per Serving	
Calories	100
	<small>% Daily Value*</small>
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 21g	8%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
Vitamin B6	8%
Folate	6%
Phosphorus	8%
Magnesium	8%
Zinc	8%
Copper	6%
Manganese	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Manoomin

Salad

Cook Time: 50 minutes Servings: 8-10

Ingredients

2 cups manoomin	2 cups thawed frozen peas
4 cups of chicken broth (or beef, vegetable, apple juice/ cider)	1/2 cup pine nuts
4 stalks of celery, sliced (about 2 cups)	3/4 cup dried cranberries
8 green onions, sliced (about 1 cup)	pepper
	1/4 cup extra virgin olive oil
	2 tbsp red wine vinegar
	1 teaspoon sugar
	2 tbsp dark sesame oil

Instructions

Cooking the Manoomin:

- Put the broth in a medium sized saucepan
- Add the manoomin and bring to a boil, reduce heat to low, cover
- Let cook for 50 min until the manoomin is cooked through (splits and curls)
 - If there is still liquid in the pot, uncover the pot and gently simmer off
- Remove from heat and let sit, covered, for 10 minutes
- Fluff with a fork and spread out on a large sheet pan to cool quickly.

Manoomin Salad

Cook Time: 50 minutes Servings: 8-10

Ingredients

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 - If there is still liquid in the pot, uncover the pot and gently simmer off
- Remove from heat and let sit, covered, for 10 minutes
- Fluff with a fork and spread out on a large sheet pan to cool quickly.

How to Lye White Corn

Lyed corn is a traditional Haudenosaunee white corn that goes through a process called 'nixtamalization'. This process involves boiling the corn with hard wood ash, creating an alkaline solution that makes the corn easier to digest and boosts the corn's calcium content.

To make the lye water for use- the ratio of 1:4 (1 part baked baking soda /4 parts water)

Step 1:

Spoon the baking soda into an oven-proof dish, preferably large enough so that the baking soda can be spread out in a thin layer

Bake for 1 hour at 120c/250F

Step 2:

Let the baking soda cool completely before transferring it to an air-tight container for storage and label it accordingly

Step 3:

Make the lye water just before you need to use it. simply dissolve the baked baking soda in some cold water

For lysing white corn, fill a pot with the 1:4 ratio baked baking soda / water mixture and boil for long enough that the corn turns white in colour - about an hour. When the corn is done, rinse off the excess lye. Lye corn before using in recipes.

Legend of '3 Sisters'

“Once upon a time very long ago, there were three sisters who lived together in a field. These sisters were quite different from one another in their size and also in their way of dressing. One of the three was a little sister, so young that she could only crawl at first, and she was dressed in green. The second of the three wore a frock of bright yellow, and she had a way of running off by herself when the sun shone and the soft wind blew in her face. The third was the eldest sister, standing always very straight and tall above the other sisters and trying to guard them. She wore a pale green shawl, and she had long, yellow hair that tossed about her head in the breezes.

There was only one way in which the three sisters were alike. They loved one another very dearly, and they were never separated. They were sure that they would not be able to live apart.

After awhile a stranger came to the field of the three sisters, a little boy. He was as straight as an arrow and as fearless as the eagle that circled the sky above his head.



Legend of '3 Sisters'

He knew the way of talking to the birds and the small brothers of the earth, the shrew, the chipmunk, and the young foxes. And the three sisters, the one who was just able to crawl, the one in the yellow frock, and the one with the flowing hair, were very much interested in the little boy. They watched him fit his arrow in his bow, saw him carve a bowl with his stone knife, and wondered where he went at night.

Late in the summer of the first coming of the boy to their field, one of the three sisters disappeared. This was the youngest sister in green, the sister who could only creep. She was scarcely able to stand alone in the field unless she had a stick to which she clung. Her sisters mourned for her until the fall, but she did not return.

Once more the boy came to the field of the three sisters. He came to gather reeds at the edge of a stream nearby to make arrow shafts. The two sisters who were left watched him and gazed with wonder at the prints of his moccasins in the earth that marked his trail.



Legend of '3 Sisters'

That night the second of the sisters left, the one who was dressed in yellow and who always wanted to run away. She left no mark of her going, but it may have been that she set her feet in the moccasin tracks of the little boy.

Now there was but one of the sisters left. Tall and straight she stood in the field not once bowing her head with sorrow, but it seemed to her that she could not live there alone. The days grew shorter and the nights were colder. Her green shawl faded and grew thin and old. Her hair, once long and golden, was tangled by the wind. Day and night she sighed for her sisters to return to her, but they did not hear her. Her voice when she tried to call to them was low and plaintive like the wind.

But one day when it was the season of the harvest, the little boy heard the crying of the third sister who had been left to mourn there in the field. He felt sorry for her, and he took her in his arms and carried her to the lodge of his father and mother. Oh what a surprise awaited here there!



Legend of '3 Sisters'

Her two lost sisters were there in the lodge of the little boy, safe and very glad to see her. They had been curious about the boy, and they had gone home with him to see how and where he lived. They had liked his warm cave so well that they had decided now that winter was coming on to stay with him. And they were doing all they could to be useful. The little sister in green, now quite grown up, was helping to keep the dinner pot full. The sister in yellow sat on the shelf drying herself, for she planned to fill the dinner pot later. The third sister joined them, ready to grind meal for the boy. And the three were never separated again.

Every child of today knows these sisters and needs them just as much as the little boy did. For the little sister in green is the bean. Her sister in yellow is the squash, and the elder sister with long flowing hair of yellow and the green shawl is the corn.”

—A Mohawk legend



3 Sisters History

“The technique for planting the Three Sisters spread from Mesoamerica northward over many generations, eventually becoming widespread throughout North America. Indigenous farmers saved the best seeds for the following season, resulting in a wide variety of cultivars perfectly suited for the environments in which they were grown. Much of this diversity was sadly lost as indigenous nations were forced out of their ancestral lands by early European settlers and mainstream agricultural practices took hold.



In the area that is now considered northern New York, the Haudenosaunee made great use of companion planting and the Three Sisters were an important part of their diet. Known as the Iroquois by the French and the Six Nations by the British, the Haudenosaunee existed as a matrilineal democratic form of government in North America long before European incursion. The Haudenosaunee considered the Three Sisters to be divine gifts. Some versions of their legends involve the crops personified as three women who separate from each other only to find out that they are stronger together.”



3 Sisters History Cntd.

“By the time Europeans reached the shores of the Americas, the Indigenous peoples of the northern continent had developed food systems that efficiently utilized their abundant landscape to provide a relatively nutritious dietThree sisters agriculture also developed as a central food system in both the North and the Southeast.



The Iroquois and the Cherokee called corn, bean, and squash the three sisters' because they nurture each other like family when planted together. These agriculturalists placed corn in small hills planting beans around them and interspersing squash throughout of the field. Beans naturally absorb nitrogen from the air and convert it to nitrates, fertilizing the soil for the corn and squash. In return, they are supported by winding around the corn stalks. The squash leaves provide ground cover between the corn and beans, preventing weeds from taking over the field.



These three plants thrive together better than when they are planted alone.”



Haudenosaunee

3 Sisters Soup

Ingredients

Lyed Corn (from 2 cups dry)
1/2 square salted pork
2 cups beans
3 cups squash

Instructions

- Add salt pork, or any meats you have such as chicken to a pot full of water
- Bring to a boil
- Add dried beans and let boil until beans are just about cooked
- Add lyed corn and squash, and allow all ingredients to come to a boil together
- Cook until squash is soft but not falling apart.
- Enjoy with some fresh bannock!



**This project was made possible
thanks to funding from:**

artseverywhere
musagetes

**Special thanks to everyone who
contributed to this collection:**



This collection of community stories and recipes was brought together as a part of the Guelph-Wellington Food System Resiliency Table's work in advancing the Guelph-Wellington Charter For Food Justice.

Note: at the time of collection, all information was accurate and up to date, please reach out to respective organizations for the most current information regarding ongoing initiatives.

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Guelph-Wellington Charter
for Food Justice's
**'AT OUR TABLE a
community cookbook'**
compiled by the Guelph
Wellington Food System
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