



# ROOTS & REMEDIES 2021

**LOVE & LIBERATION: ROOTED IN COMMUNITY**

**2021 CARE PACKAGE**

Recipes, Artwork, & Poetry by All of Us

The recipes and artwork within this care package are from all of us. A special thanks goes to the entire Communities of Praxis for extending your love and nourishing us all.

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# BLUE CORN PANCAKES WITH MANOMEN (WILD RICE)

BY SHELLEY FROM NATIVE ORGANIZERS ALLIANCE

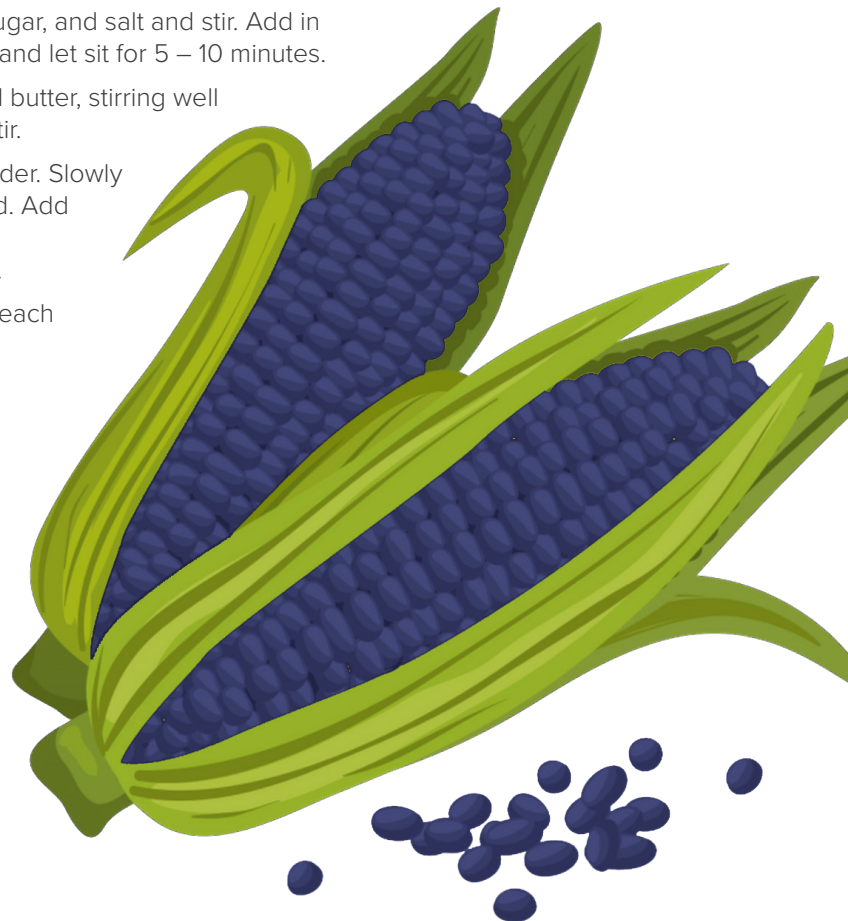
## Ingredients

- 3/4 cup Blue Corn Masa
- 2 tbsp sugar
- 1/2 tsp salt
- 1 cup boiling water
- 1 egg
- 1/2 cup milk
- 2 tbsp butter melted
- 3/4 cup all-purpose flour
- 2 tsp baking powder
- pre-cooked wild rice

## Steps

1. In a medium bowl, combine blue corn masa, sugar, and salt and stir. Add in boiling water and mix well. Cover with a towel and let sit for 5 – 10 minutes.
2. In a small bowl, combine egg, milk, and melted butter, stirring well until fully incorporated. Add to masa mix and stir.
3. In a small bowl, combine flour and baking powder. Slowly add to masa mix, and stir until just incorporated. Add more milk if the batter is too thick.
4. Add a tablespoon of butter to a large pan over medium heat. Add 2 tablespoons of batter for each pancake.
5. Sprinkle 1 tablespoon of wild rice over top, and cook until the sides of the pancakes are covered with bubbles, then flip and repeat until the other side is golden brown.

**Note:** these pancakes take a little longer to cook than regular pancakes, so cook an additional 30 seconds if necessary.



# LOTUS ROOT SOUP

BY KOURTNEY FROM THE PRAXIS PROJECT

A filling soup that tastes like home, best served with ground white pepper

**Servings:** ~2-3 people

## Ingredients

- 600g lotus roots (~2 large lotus roots)
- 600g pork bones (can substitute with ½ pound of work tenderloinds OR 1 chicken breast)
- 2 mutcho dates
- 3 rehydrated conpay (dried scallop)
- A handful of longans
- Slice of crushed ginger

## Steps

1. Peel and cut the lotus roots into 1/8 to ¼ inch thick slices
2. Boil the pork bones for 2 minutes then drain the water
3. Add pork bones, lotus roots, dates, conpay (smashed to shreds), ginger, and longans and cook on high heat for 15 minutes
4. Turn to medium-low and heat for an hour and 45 minutes
5. Salt to taste

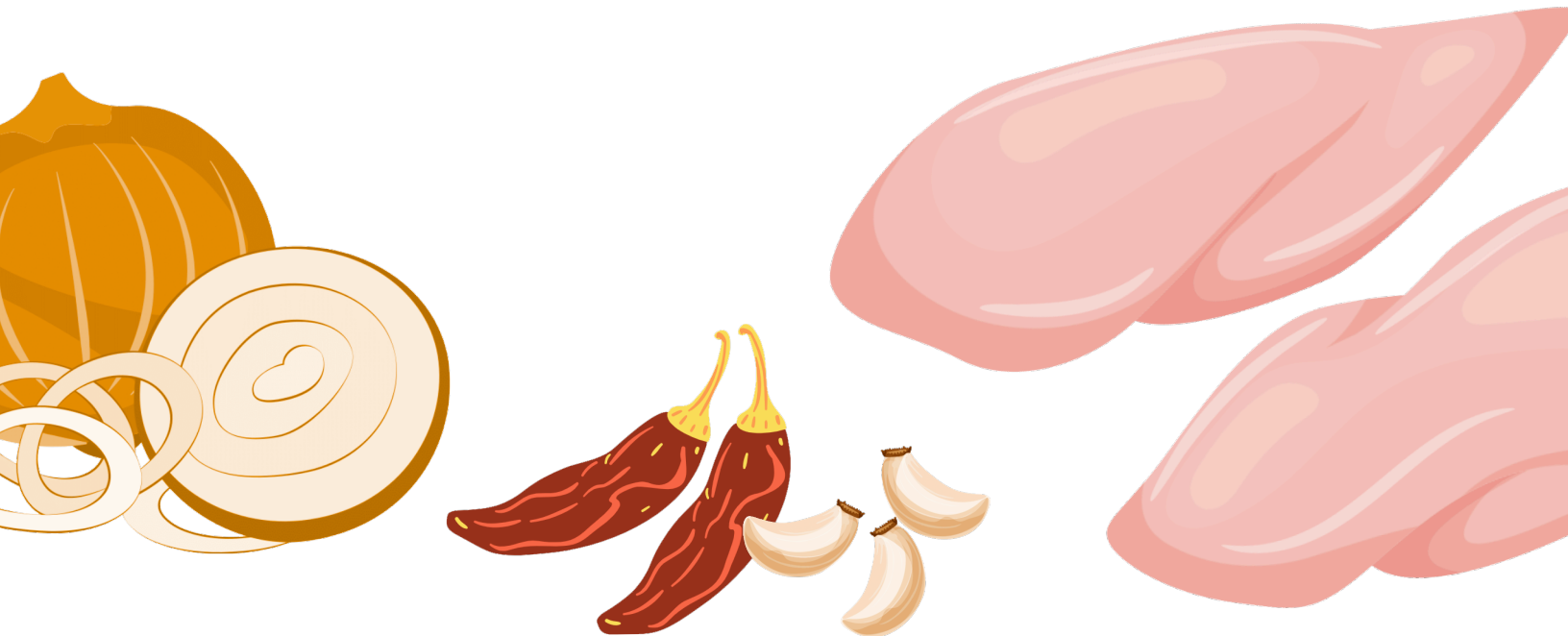


# CHICKEN TINGA

BY ILEANA FROM THE PRAXIS PROJECT

## Steps

1. Clean chicken breast and get rid of anything gross
2. Put it in boiling water with two or three garlic cloves. Once the chicken is fully cooked, let it cool down. Don't get rid of the water or the garlic, you will use them later!
3. While the chicken is cooling, cut a yellow onion into slices. You can cut as much onion as you want.
4. When the chicken is cold, shred it.
5. In a large bag with a tablespoon of olive oil, sauté the onion with the garlic from the boiled water.
6. When the garlic gets a little brown, take them out and then throw them out. Add the chicken and cooked with the onions at low heat.
7. While the chicken is cooking, get a blender add a can of tomatoes, a can of chipotle chile salsa, and a cup of the water from boiling the chicken. Blend. Add more water if it is too spicy.
8. When the salsa is ready, add it to the pan to cover all of the chicken and cook for a bit.
9. Eat with tostadas or tacos.



# CEVICHE

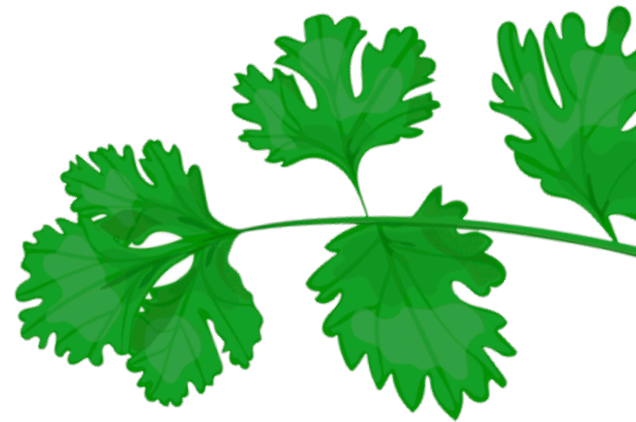
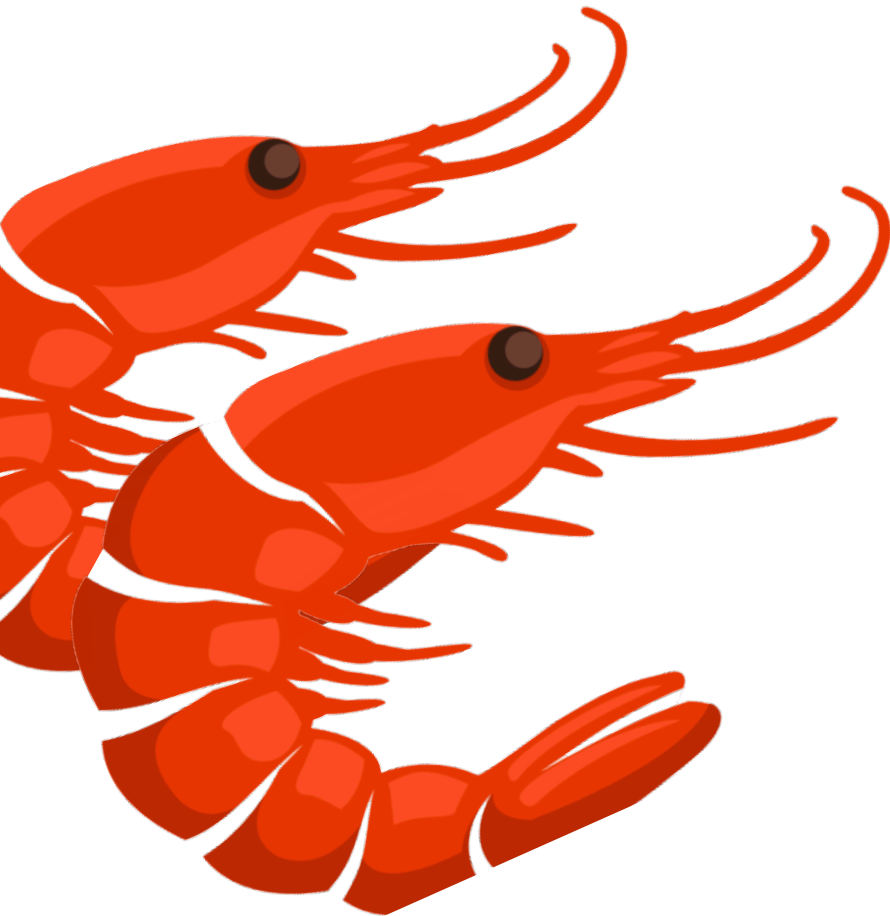
BY LORENA FROM IMMIGRANT ALLIANCE FOR JUSTICE AND EQUITY

## Ingredients

- 1lb of shrimp
- 1 tomatoes
- 1 red onion
- Juice of one lemon
- Half a cup of orange juice
- A handful of cilantro chopped
- Half of one green pepper
- Ketchup 1 tablespoon

## Steps

1. Cook shrimp in half a cup of water with salt
2. Chop up veggies, pour all ingredients in a bowl, including salted water you cooked shrimp in
3. Add salt and pepper to taste
4. Serve with plantain chips



## **A SEKERE. FROM IGBA TO SEKERE! PLAY IT!**

BY SYLVIA FROM LA FORTUNA





## **WILD RICE & BERRIES & A POEM**

BY CHERIE FROM MENĪKĀNAEHKEM, INC.

Mix cooked and chilled wild rice with raspberries, blueberries, strawberries, and maple syrup

There is no shame in the way she tells HERstory.

There is only truth, strength, and beauty.

They all ask if she's going to report it.

But she's a survivor and she's going to make sure they know it.

And she always comes back to set her sisters free.

Now we're all living in a whole new reality.

Forever redefining beauty.



**ARTWORK**

BY CHERIE FROM MENĪKĀNAEHKEM, INC.



# BLACK EYED PEAS WITH MUSTARD GREENS

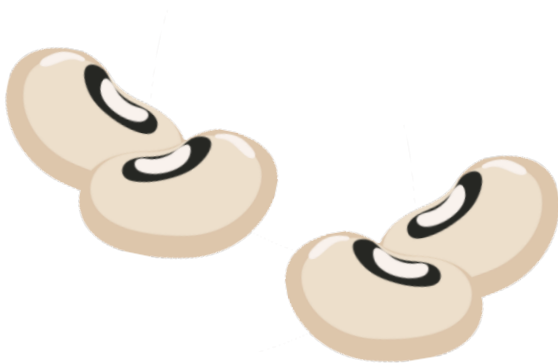
BY BLAIR FROM THE PRAXIS PROJECT

## Ingredients

- 1 cup dried black eyed peas, soaked overnight, drained, rinsed
- Sea salt
- 1½ pounds mustard greens, ribs removed, leaves chopped
- 3 tablespoons olive oil
- ½ cup finely chopped onion
- 2 teaspoons ginger
- ¼ teaspoon red pepper flakes
- 2 minced garlic cloves
- 1 cup vegetable stock
- 1 tablespoon sesame seeds
- 2 tablespoons tamari sauce

## Steps

1. In medium-sized pan, cover black eyed peas with 4 inches water. Bring to a boil. Skim off foam, and lower heat to medium-low, simmer for 50 minutes – 1 hour (until just tender). Drain beans in a colander, keep 2 cups of liquid, set both aside.
2. Bring three quarts of water to a boil and add 1 tablespoon of salt. Add greens and boil uncovered for 3-5 minutes. Drain and set aside.
3. In pan over medium heat, combine olive oil, ginger, red pepper flakes, ¼ teaspoon salt, and saute until softened (3-5 mins). Add garlic and cook until fragrant (2 mins). Add greens and stir to incorporate.
4. Stir in vegetable stock, black eyed peas, and reserved bean liquid. Bring to a boil. Cover and lower heat to medium low, and cook, stirring occasionally, until greens are tender. Stir in sesame seeds, season with tamari sauce to taste.



# POEM

BY LORENA FROM IMMIGRANT ALLIANCE FOR JUSTICE AND EQUITY

We

I will not center my trauma

Do

Instead I will write stories, of love and laughter

Not

Of toes sunk deep in hot sand

Need

Of the times, my girls brought me breakfast in bed

To

Of the wedding dress that was a work of art, that I wore on what was supposed to be the happiest day of my life

Sell

Of the kids that made art, so beautiful it brought tears to our eyes

Stories

Of triumph, of moments, that make our hearts swell

Of

Of quinceañeras, and bautizos. Of weddings and the parties we threw to celebrate them

Trauma

Of births, first words, first steps First kisses

We

I will write about the day we rescued our cat from a branch forty feet in the air

Are

And the last time I drove my parents from NY to MS, having to stop at least ten times, and listen to My dad whistle his favorite songs playing on our radio

More

Of the day I bought a house after the end of my marriage, the happiness we felt, when we opened the door, to our new home

Than

Of my first job, first date, first love and blind dates

Collective

I will write about my people, shiny and triumphant

Pain

Of how they work and play,

We

and raise children,

Are

And live and

Love

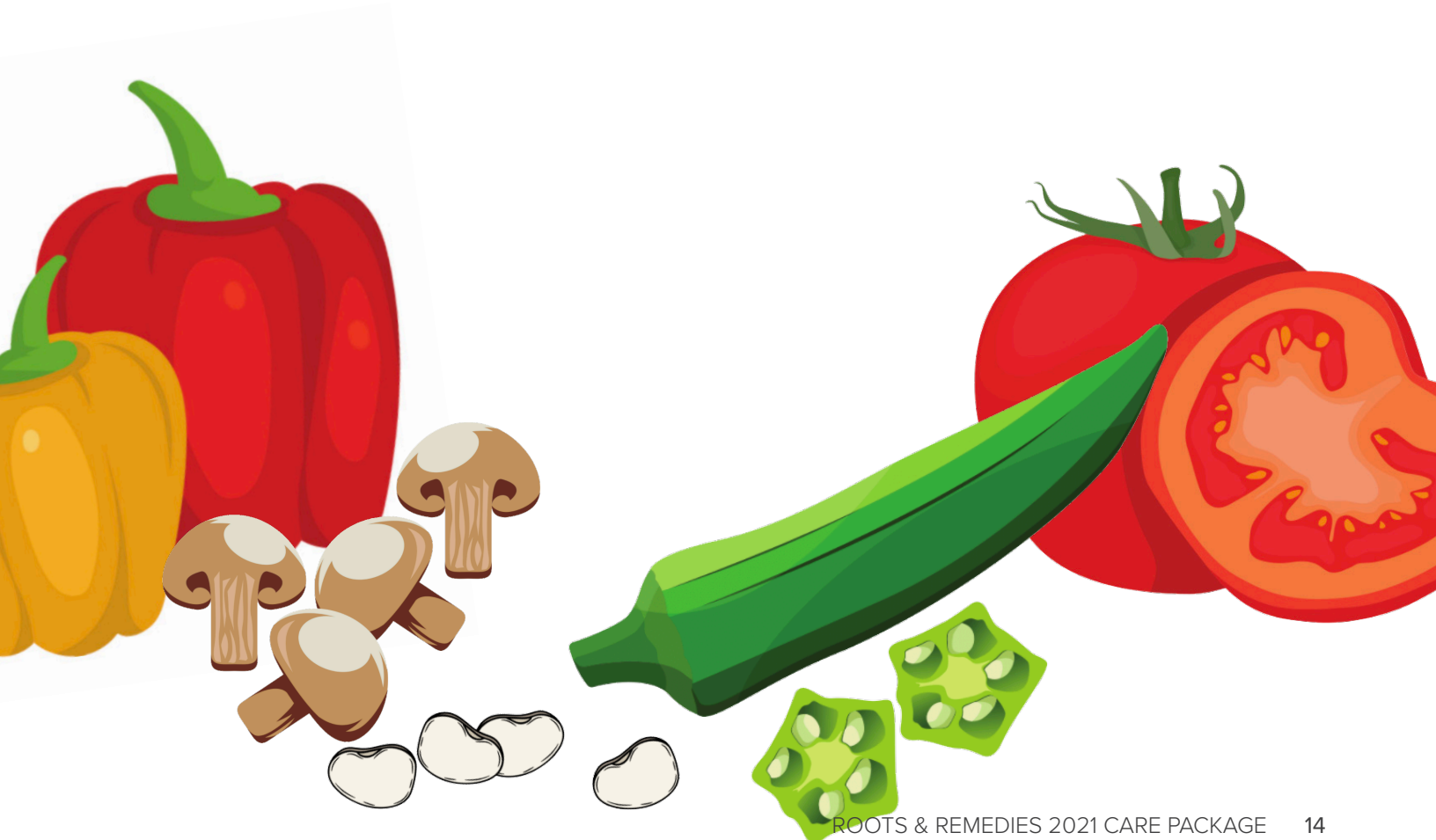
## SUMMERY STIR-FRY

BY OYA FROM DETROIT WOMEN OF COLOR

One of my favorite summer dishes is fresh tomatoes, okra, lima beans, red and yellow onions, mushrooms, red/green/yellow bell peppers, and a handful of garlic cloves.

### Steps

1. Chop all the vegetables and stir fry in avocado oil.
2. Add onion powder, garlic powder,
3. Slap Your Mama! seasonings or whatever seasonings you like and
4. Cook for 5 to 7 minutes.
5. Serve over brown rice.



# EXTRA CRISPY ROAST POTATOES

BY JENNA FROM THE PRAXIS PROJECT

**Ingredients (amounts are very imprecise! but this is inspired from other recipes available online)**

- Golden or russet potatoes
- Salt
- Pepper
- Baking power
- Several diced cloves of garlic
- Rosemary
- Olive oil

## Steps

1. Preheat oven to 425 degrees
2. Peel a handful of golden or russet potatoes
3. Dice into chunks - the bigger, the easier to flip.
4. Boil them in a pot of water with a dash of salt and baking power for about 10 minutes.
5. While the potatoes are boiling, warm up a pan with a tablespoon or two of olive oil.
6. Throw in the diced garlic, rosemary, some salt and pepper. Let it warm up for a few minutes, but do not let the garlic get completely brown. Remove from heat and strain the oil out from the garlic and rosemary.
7. Once the potatoes are cooked (10 mins), strain them and let cool for a minute. Then toss in the garlic-infused oil. Add extra oil as needed to coat, and then place on a pan.
8. Add additional salt and pepper.
9. Bake in oven for 25 minutes, then flip each individual potato chunk.
10. Bake for another 20 minutes, then sprinkle with the cooked garlic chunks. Bake for a final 5 minutes to completely brown the garlic.
11. Let cool, and enjoy!



# ONE POT LASAGNA

BY RAQUEL FROM THE PRAXIS PROJECT

**Servings:** 6 people

## Ingredients

- ½ pound ground Italian sausage
- ½ pound of ground beef or turkey
- 1 24oz jar of your favorite spaghetti or tomato sauce
- ½ yellow onion, diced
- 3 garlic cloves, minced
- 1 maggi cube (or any other bouillon cube)
- ½ teaspoon of fennel seeds
- handful of fresh basil
- ½ tsp of garlic powder (or to your taste)
- ½ tsp of sugar
- ¾ pound lasagna noodles, broken
- pinch of red pepper flakes
- ½ cup mozzarella cheese, shredded
- 2 cups of ricotta cheese

## Steps

1. In a skillet or deep pan, cook ground sausage, ground beef over medium heat until mostly cooked through. Add onions, maggi, fennel seeds, and garlic powder to the pan and cook until the onions are translucent.
2. Once onions and meat are fully cooked, add garlic and cook for a minute.
3. Add a jar of spaghetti sauce and ½ tsp of sugar and simmer for about 5 minutes. If much of the liquid has evaporated, add ½ cup of water.
4. Break up the lasagna noodles into bite pieces and put into skillet on low heat. Cover and simmer for 15-20 minutes or until al dente. Mix every 5 minutes to prevent it from sticking.
5. Once noodles are cooked, mix in mozzarella cheese.
6. Top the noodles with 6-8 large dollops of ricotta. Garnish with chopped basil, salt, freshly ground pepper, and red pepper flakes.





## ARTWORK

BY LORI FROM BERKELEY MEDIA STUDIES GROUP



# GREEN ONION DUMPLINGS

BY DIANA FROM THE PRAXIS PROJECT

## Ingredients

### Filling

- 1lb ground pork
- 8 green onions (or more) chopped (about 1 bunch)
- 1/4 cups water
- 1 1/4 tsp salt
- 1.5 tsp sugar
- 1 tbsp cup soy sauce
- 1 tbsp shao xing wine
- 2 tbsp ginger minced
- 1 tsp white pepper powder
- 2 tbsp sesame seed oil

### Dough

- 4 3/4 cups All purpose flour
- 3/4 tsp Salt
- 1 1/2 cups Water

### Make the dough - steps

1. Add the flour into a mixing bowl and add the salt.
2. Add the water and mix and start forming dough.
3. Keep kneading until smooth. The dough should feel tacky but not damp. Add more flour if it is still sticky.
4. Cover with a wet towel for 20 minutes before rolling into dumpling wrappers.

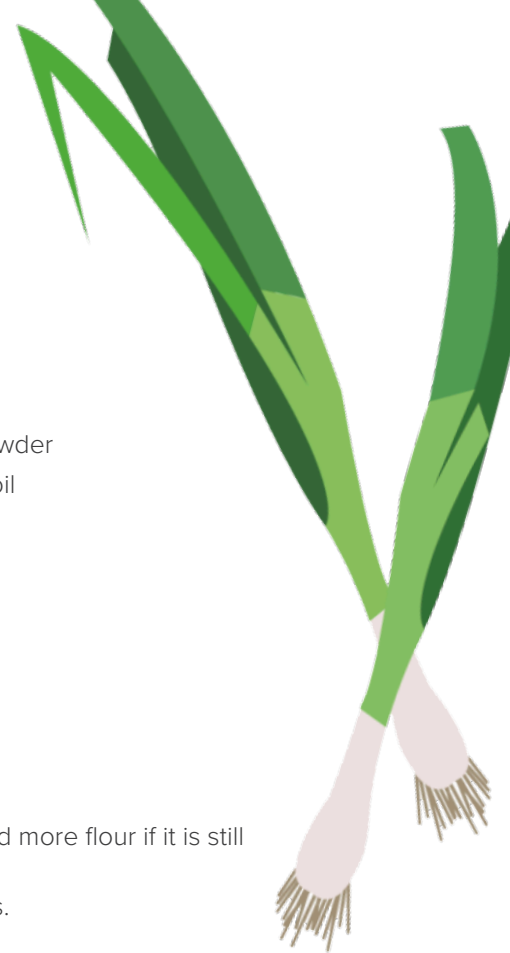
### Make the filling - steps

1. While waiting for your dough to rest, In a mixing bowl, add the pork, green onion, and salt and mix.
2. Add sugar, soy sauce, wine and mix. Then, slowly incorporate the water as you continue to mix. It will get absorbed into the pork mixture.
3. Then add ginger, white pepper powder, and sesame seed oil. You can add more or less of these ingredients to taste!

**Then, follow “How to make dumplings from scratch.” You can freeze these or eat them fresh!**

### To cook

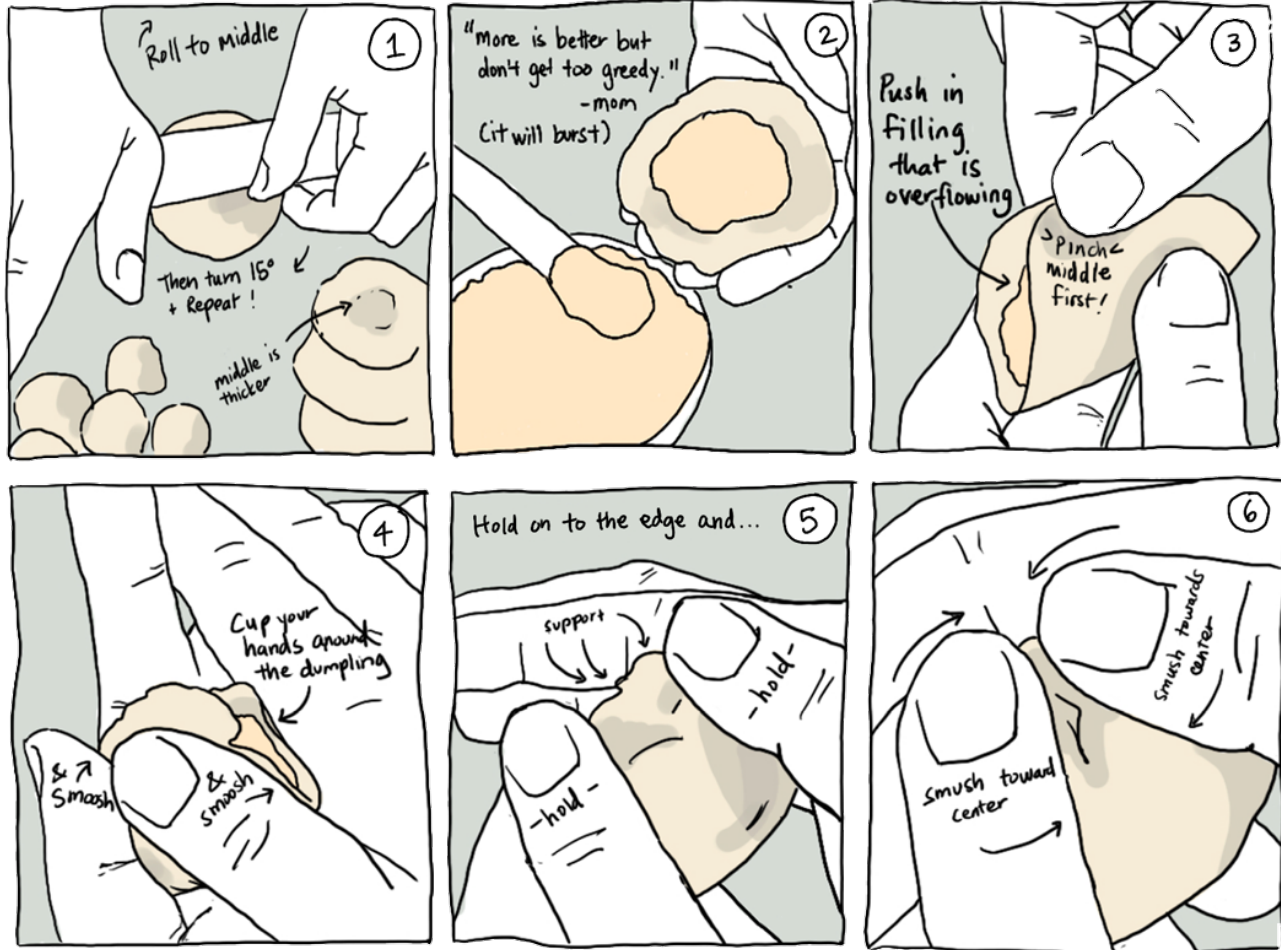
1. Boil a large pot of water.
2. Add dumplings carefully to the pot of boiling water and turn to medium-high.
3. When the pot comes back to a boil, add 1 cup of cold water.
4. Let the pot come to another boil, then your dumplings should be done. If they are frozen, cook for at least 14 minutes.
5. Eat with your favorite dumpling sauce.



# HOW TO MAKE DUMPLINGS FROM SCRATCH

BY DIANA FROM THE PRAXIS PROJECT

Diana grew up making dumplings from scratch with their family since there were no Asian grocers in their home state of West Virginia. Diana learned how to roll out dumpling wrappers and wrap dumplings and wontons from their grandmothers. Diana was especially fast at rolling out the wrappers, so that became their official dumpling-making role at home!



## THANK YOU

**Our 2021 Roots and Remedies convening was truly a day filled with love, liberation, and community. We were so grateful to have been able to connect with you and are deeply thankful to everyone who made #RR2021 happen. It is loving and grounded spaces like these where we can share stories, imagine, and dream together that give us radical hope to continue this work.**

**This year, our *Love* session focused on how meals and food sharing shows up in our organizing and gave us the opportunity to reflect on our cultural histories of food as medicine. As Raquel Motachwa, 2021 Praxis Dileep Gopal Bal Fellow, put it, “LOVE as noted by Bell Hooks, is a mixture of ingredients; a recipe of which you get to define. Mine tastes like a cup of warm chai in the morning. It consists of equal parts freedom and solidarity with a sprinkle of affirmation and discipline. A splash of commitment and a dash of letting go. Be sure to leave out disrespect and shame, as that will surely ruin the flavor. Sacrifice is heavily used in other recipes, but I try to use it sparingly. While the ingredients and measurement ratios can be modified depending on your tastes, it’s a dish best served warm and with others.”**

**Our digital care package are your recipes of joy, of home; your poems of hope and transformation; and your artwork of community, love, and power. This care package is a memento of all of the love we experience in our daily lives that helped us through this past year and will continue to nourish us and our organizing into the future.**

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Since 2008, Roots and Remedies has been a space for our community to reconnect, relax, heal, and celebrate the profound work that community organizers are doing across the United States to improve health, justice, and racial equity. This convening is intentionally designed to be a liberatory space where we are free to be our full selves as we explore new places, experience great organizing, celebrate culture, and share our talents with one another. Roots and Remedies is a beautiful, love-filled retreat that is truly grounded in the communities and the future that we are building together.

The Praxis Project is in deep gratitude to the Rooted In Community National Network (RIC), a national grassroots network that empowers young people to take leadership in their own communities. RIC has been in existence for over 20 years, fostering healthy communities and food justice through urban and rural agriculture, community gardening, food security, and related environmental justice work, and is currently fiscally sponsored by the Praxis Project. We uplift and celebrate them, and thank them for letting us use their name as part of this year’s theme!

