

**How to Grow**

- Germinate seeds in a greenhouse in early March
- Water until plants are 4-5" tall
- Prepare the field with landscape fabric to stop weeds
- Transplant in the field in May
- Harvest in July (once per week or every other day)
- Leaves 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**

**Grown by Neer Aidden Osman Oshar-Mohamud from Pemba Island**

**Sudanese Traditions**

Okra is used in popular dishes associated with marriage, graduation, and birthdays, including *Eid al-Fitr* (during Eid al-Fitr) and *Eid al-Adha* (during the holiday of sacrifice).

**Bamla (Okra Stew)**

Bamla is a thick stew with a tomato-based soup, onion and meat. It is often paired with bread or injera (a type of flat bread similar to tortillas).

**Ingredients**

- Okra
- Meat (chicken or beef)
- Tomato paste
- Onion
- Garlic
- Black Pepper
- Oil
- Cinnamon Stick
- Coriander Powder

**Okra Seed** can be prepared or used with various spices and seasonings.

**Leaves** - Young okra growing past the stage when okra is harvested.

**The seeds** can be ground and used in a variety of recipes or can be pressed to oil.

**Okra has many health benefits** including: lowering blood sugar, lowering cholesterol, and lowering blood pressure.

**CHOU CHINOIS**

**Emmanuel Osharier Mwanakat**

In a garden who calls from Kinshasa (Congo), the mentor taught him gardening at an early age. One of his favorite vegetables to grow is chou chinois (chinese choy). This year, Emmanuel's family is adding chou chinois seeds from his home country in place in his garden plot at a local food project here in Iowa.

**Instructions to grow Chou chinois:** Sow directly from seed after the first frost, after about 6 weeks but not the seedling. Plants should reach full maturity after 8 - 10 months after sowing. Harvest and store in the refrigerator for up to 1 month. 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 thin slices, cover in water, bring to boil, then add peanut butter to water to make a sauce. In a separate pan, sauté chopped tomatoes, onion, garlic, and celery to soft for 10 minutes, then add tomatoes and peanut. Finally, add this sautéed mixture to the Chou chinois in pot and serve. Emmanuel also recommends adding coconut milk to this dish. Once prepared, it can be eaten hot and with various types of rice, pasta or even bread.

**GAUDENCE GROWS AFRICAN EGGPLANT**

**THE BETTER**

**GARDEN EGG**

delicious with tofu, in soups & broths

antioxidant, helps manage 12 diseases

**BITTER LEAVES**

1 SCATTER SEEDS IN THE SUNSHINE  
2 GROW  
3 RINSE LEAVES AND STEAM  
4 CRUSH WITH A WOODEN SPOON

**SEAT AND HEAL**

**Mboga Bachanga**  
A MEDICINAL PLANT FOR DIGESTIVE HEALTH  
INTEGRAL TO MANY AFRICAN CULTURES

**MARCELA'S GARDEN**

**Epigallocatechin gallate** is an antioxidant found in green tea.

**Quercetin** is found with eggs and used with garlic and onion. Quercetin is used in arthritis.

**Anthocyanins** can be made into a sauce or used as a natural food coloring.

**FROM LETICIA'S GARDEN**

**PUMPKIN LEAVES** in SWAHILI CUISINE

Rich in antioxidants, calcium, and potassium. Leaves are best tender when pumpkin are young.

**MAJANI ya MABOGA**

- Add leaves to a pot of boiling water with salt
- Cook for 20 minutes
- Add chopped tomato and onion
- Season and ENJOY!!
- Tastes DELICIOUS with eggplant or okra
- Add peanuts for garnish

**CHILACAYOTA**  
(chee-lah-kah-yoh-tah)

High in Fiber, Protein, Controls Sugar Levels  
Prevents & Controls Diabetes, Assists in Weight loss

**FRUIT** Harvest ready in 4-6 months  
**VEGETABLE** can be cooked for 10-15 minutes

**REFRESHING DRINK** Cook the Chilacayota in sugar, cane and cinnamon without water and ice

**AGUA DE CHILACAYOTA**

**GLOBAL FOOD PROJECT & PUBLIC SPACE ONE**

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- ◇ 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
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## GLOBAL FOOD PROJECT

# Okra

### 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

## OKRA

Grown by Nasr Aldden Osman Oshar Mohammed from Elobied, Sudan

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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

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### Bamia (Okra Stew)

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- |                  |                     |
|------------------|---------------------|
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| Oil              | Cinnamon Stick      |
| Coriander Powder |                     |



## Gaudence Grows African Eggplant in Iowa

the better/bitter  
garden egg

delicious with fufu, in soups & broths

antioxidant, helps managing t2 diabetes



## Mboga Bchungu

A MEDICINAL PLANT FOR DIGESTIVE HEALTH  
INTEGRAL TO MANY AFRICAN CULTURES

### 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



**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.



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 boiling water with salt

• Cook for 20 minutes

• Add chopped tomato and ONION

• SERVE and ENJOY !!

• Tastes DELICIOUS with eggplant or okra

• Add peanuts for garnish



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 boiling water with salt
- Cook for 20 minutes
- Add chopped tomato and onion
- Serve and enjoy!!
- Tastes delicious with eggplant or okra
- Add peanuts for garnish



## 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

# 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.

## **Chou Chinois**

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