



THERE GROWS THE NEIGHBORHOOD

A GARDENING AND COOKING GUIDE
FROM PROJECT HOPE ART



A LITTLE BOOK
ABOUT THE MAGICAL
MORINGA TREE

INTRODUCTION

“The day that hunger is eradicated from the earth there will be the greatest spiritual explosion the world has ever known. Humanity cannot imagine the joy that will burst into the world on the day of that great revolution.”

— Federico Garcia Lorca, Spanish poet

Those of us involved with Project HOPE Art seek to inspire everyone to dream and to use art and science to create a world of wondrous beauty and abundant joy.

Imagine a place where green trees grow in great numbers and provide nutrition, medicine and clean water to those who need it most. In this place, farmers fill their gardens with fresh vegetables grown in rich, healthy soil. The people use the gifts of these trees and gardens in delicious meals prepared with love and care so that their families are healthy and satisfied. When picturing such a place, it is difficult to imagine that it might be Haiti. And those who have lived or traveled in Haiti probably know a very different place, indeed. Once a lush, fertile garden that produced a bounty of crops surpassing almost every other place on Earth, today Haiti has seen its number of trees fall to less than 2% of what was once there. The trees that have gone missing have been replaced by land that is barren and depleted. And with this depleted land has come hunger and sickness for many in Haiti.

But this is not where the story ends. There is hope! There is hope that trees will return to Haiti and that they will bring with them the



gifts of nutrition and health. There is hope that through education, knowledge and creative use of available resources, food will grow in Haiti in good soil the way that nature intended, reminding the world of the way that Haiti once provided for its people. And people might see the way that Haiti can provide for its people again.

On the pages of this book you will find information on how lives can be transformed, beginning with something as unlikely as an old tire. You will learn the story of the Moringa Tree and its amazing potential and seemingly endless uses. You will read about how food is being cultivated by some very creative people in ways that can be learned and replicated by all. You will discover that these things are already happening in Haiti and other places around the world, and learn how you can get involved. And finally, you will read children's stories about the foods they love in recipes they have shared with us, so that we all might nourish our spirits and taste the possibilities that lie ahead for a better tomorrow.

— Alex Mace, Project HOPE Art volunteer

“He who plants a tree, Plants a hope.”

— Lucy Larcom, “Plant a Tree”



Nou ki enplike avèk Pwoje HOPE Art ap cheche pou bay tout moun enspirasyon pou reve epi itilize atizay ak siyans pou kreye yon mond avèk bote enkwayab epi jwa agogo.

Imajine yon kote ki gen yon gran kantite pyebwa vèt k ap bay nitrasyon, medikaman epi dlo pwòp pou moun ki plis bezwen li. Nan kote sa, kiltivatè yo gen jaden ki chaje avèk legim k ap pouse nan tè nwa ki rich anpil. Moun nan kote sa itilize tout kado ke pyebwa ak jaden yo donnen pou prepare bon manje avèk anpil swen ak lanmou pou fanmi yo kapab byen ansante e satisfè.

Lè w panse ak kote sa a, li difisil pou imajine ke li ka petèt nan Ayiti. Epi pwobableman, moun ki konn vizite oubyen viv nan Ayiti kounyea ka konnen yon kote ki vreman diferan. Peyi ki te chaje bèl jaden rich ki te konn pwodwi yon pi gwo rekòlt manje pase tout lòt kote sou Latè a, jodia Ayiti pedi plis ke 98% pyebwa li te genyen.

Tout pyebwa sa yo kounyea replase avèk tè ki toutouni. Epi tè apòvri sa pote grangou epi maladi pou anpil moun an Ayiti. Men, istwa pa fini la. Gen espwa! Gen espwa ke pyebwa kapab tounen Ayiti epi y ap pote kado nitrasyon ak lasante. Gen espwa atravè

*“Jou grangou pa egziste
sou latè ankò ap gen pi
gwo eksplozyon spirityèl
lemond poko janm konnen.
Imanite pa ka imajine
jwa ki pral eklate sou mond la.”*

— Federico Garcia Lorca
(powèt Espanyòl)

edikasyon, konesans epi itilizasyon resous disponib nan yon fason kreyatif, Ayiti ka pwodwi anpil manje nan bon tè jan lanati vle (intended) pou fè rès lemond sonje jan Ayiti te ye. Epi petèt moun pral we kijan Ayiti kapab pwodwi ase manje pou pèp li ankò.

Nan liv sa w ap jwenn enfòmasyon sou kijan vi moun kapab transfòme, menm si w komanse avèk yon bagay senp tankou yon vye kawoutchou. Ou pral aprann istwa yon pyebwa ki rele benzoliv ak tout potansyèl mayifik ak tout itilizasyon li. Ou ap li kijan moun ap kiltive manje nan yon fason ki tre kreyatif epi ki fasil pou tout moun aprann e replike. Ou ap dekouvri ke tout bagay sa yo ap fonksyone deja an Ayiti ak lòt kote alantou lemond epi w ap aprann kijan pou patisipe. Finalman, w ap li istwa ke timoun te ekri sou manje yo plis renmen nan reset yo te pataje avèk nou, pou nou ka petèt nourri lespri nou epi goute posibilite ki rete pi devan pou yon demen miyo.

— Alex Mace (volontè avèk, Project HOPE Art)

*“Moun ki plante yon pyebwa
plante espwa.”*

— Lucy Larcom, “Plante yon Pyebwa”

GROWING GARDENS INSTRUCTIONAL GUIDE

WHAT DOES ORGANIC FARMING MEAN?

Growing fruits and vegetables without artificial chemicals, fertilizers, pesticides or herbicides. A practice of avoiding chemicals altogether in order to be gentle and natural with the earth.

WHY SHOULD I REPURPOSE AND RECYCLE ITEMS?

To reduce waste and stop contributing to the ugly practice of discarding items carelessly when there is plenty of life left in them. The earth doesn't need more trash floating in the ocean, in rivers, on the streets and in cities and towns all over. Find beauty in the old and see new ways to re-use your garbage.

SOIL



Soil is the essence of gardening. And you must take care of your dirt the same way you tend your fruits and vegetables. Soil health translates to fruit and vegetable health. You want your soil to both drain and retain moisture. You want your soil to receive healthful components found in compost, which means encouraging worms and other helpful creatures. And adding grit or fine gravel to your soil on occasion is the key to finding balance in the composition of your soil.

If your soil is very acidic, add lime. Some vegetables like acidic soil (potatoes, tomatoes, peppers, peas, beans and onions).

If your soil is very alkaline, add leafmold, peatmoss and compost. (The Brassica Family: Mustards and Greens like alkaline soil).



WHAT IS COMPOST?

It is the practice of adding in rotting vegetable and fruit matter back into the soil to amend soil texture, re-introduce nutrients and vitamins and help soil drainage. Using wood for your compost storage bin is the most helpful material because it allows your compost to stay warm (which helps it break down) and allows it to breathe and air out.

You can compost:

- all garden waste
- shredded or chopped woody material
- tea, coffee, egg shells
- newspaper, wood ash, torn cardboard, animal/human hair and straw
- avoid weeds and cooked food



Put all your compost into your bin. Stir it once a week. When your compost has broken down from heat, moisture and time, it should begin to be sweet smelling. That is when it is time to spread it out into your garden.

Vermicomposting: You can add red earth worms into your compost to help it along with the breaking down process. Worms eat your scraps and leave behind their own waste. Worm poop is also vital to soil health.

CROPS

MORINGA TREES

The Moringa tree is native to northern India, but today it is common throughout the tropical and sub-tropical regions of Asia, Africa, and Latin America.

Moringa trees grow easily from seeds or cut-

tings. They grow quickly even in poor soil and bloom 8 months after planting. Once the leaves are harvested, they should be stripped of their stems and rinsed clean. Next step is to dry them in an area away from light to prevent loss of vitamins or contamination. The leaves can be consumed fresh, cooked, or dried.

The Moringa tree, also known as the Tree of Life, is known for its highly dense nutritional content. It contains 7 times the vitamin C in oranges, 4 times the calcium in milk, 4 times the vitamin A in carrots, 2 times the protein in milk, and 3 times the potassium in bananas.

BEETS

A joy to have in the garden with their splashy colors. Very easy to grow, Beets love equally large containers and rich, light soils with lots



of sun. Start with many seeds in the ground and thin them out as necessary to give ample space to spread out and grow. In general, you can expect to harvest in 8 weeks. Simply pull them from the ground. Younger, smaller beets are juicier and more flavorful.

ONIONS

One of the most useful vegetables to have in your garden. They prefer open, sunny spots and can be planted almost any time of year, as



long as you treat their soil with compost. They can be grown from seed or small bulbs called sets. They generally take 18-42 weeks to be harvested. Allow the leaves to fall back and flop over, then gently loosen your onion from the soil. Let them ripen in the sun on the ground for a few days.

CABBAGES

A fantastic choice for pikliez, salad slaws and accompaniment for braised meats. They prefer open sites protected from wind. They do not like fresh compost, so choose a spot that was enriched with compost one or two growing seasons previous. They generally take 20-40 weeks to be harvested. Cabbages can be troublesome to grow, but if you cut them from the stem carefully you may get a second round of cabbage. Be gentle with them. Store them for weeks in cool, airy places.

BUSH BEANS

The most versatile bean for cooking, they include kidney, lima and snap. They love sunny, open spots and do particularly well in containers. They generally take 7-14 weeks for harvesting. To sow: make a trench about 2.5 cm deep, 15 cm wide and as long as you have space (60-180 cm long) and plant two rows of seeds in your trench. Weed carefully. Keep watch for mice, snails and slugs. They will steal or eat your seeds and young shoots. Once mature, your beans are safe. Pick your beans often, the more you pick, the more will grow. Old beans will become tough, so eat them young. You can always return old beans to the ground to grow new beans.

RUNNER BEANS



Another type of bush beans called Runner Beans are very easy to grow. And adore warm places. They love a sunny, open spot that has not been recently enriched with compost. They grow well in containers. No matter where you choose to grow them, make sure you have a firm stake (called a trellis or training stick) in the ground to train your beans upwards towards the sun. They



will be ready to harvest in 14-26 weeks. Pick the beans often and eat them same day or next day. This may mean you have to share your bounty with friends and family.

LETTUCES

The widest range of textures, colors, flavors and appearance. Lettuces will tolerate shade but prefer open, breezy sun spots. Moisture-retentive soils are best. You can grow them almost any time of year. They will be ready to harvest in 6-15 weeks. The same plants will go on growing new heads, providing you with an economy of space.

TOMATOES

Prepare to be amazed with the incredible flavor of a homegrown tomato. They





need sunshine and ample space to stretch out. You will undoubtedly need to provide stakes or a support system to hold the arms of the tomato plant aloft and keep tomatoes from unnecessarily rotting on the ground. Establish a watering routine to keep the fruit from splitting or bursting. They generally take 8 weeks to be ready for harvest.

CHICK PEAS

Super high in protein – this legume traces its ancestry back to the Middle East. It is one of the earliest cultivated vegetables, nearly 7,500 years old.

Mature chickpeas can be cooked and eaten cold in salads, cooked in stews, ground into a flour. Some varieties of chickpeas can even be popped and eaten like popcorn.

GID ANSÈYMAN POU GRANDI YON JADEN

POUKISA PWOJÈ HOPE ART ANKOURAJE JADINAJ KOM YON FÒM ATIZAY?

Paske atizay dwe penetrè tout sa nou fè pou fè mond la yon kote pou viv ki pi bon, pi kreyatif epi ki gen plis enspirasyon ladan l. Atizay + Syans ale men nan men. Nou bezwen toulede pou viv. Youn nourri sevo ak nanm nou. Lòt la nourri ko nou yo.

KLE ENFOMASYON JADINAJ

KISA KI AGRIKULTI ÒGANIK VLE DI?

Pwòdiksyon fwi ak legim san pwòdwi chimik (ni angre, ni ensèktisid). Sa se yon pratik pou evite pwòdwi chimik antou epi pou aji nan yon fason ki saj, dou e natirel avèk latè a.

POUKISA M DWE REITILIZE E RESIKLE BAGAY?

Pou redwi deche epi sispann kontribye nan vye pratik pou jete bagay san reflechi le gen yon pakèt posibilite ki rete. Latè a pa bezwen plis fatra ap flòte nan lanmè a, nan rivye yo, nan lari yo epi nan vil yo. Chache bote nan sa k vye epi we nouvo fason pou itilize fatra w.

TÈ

Tè se esans la pou jadinaj. Fòk ou pran swen tè a menm jan w ta pran swen fwi ak legim yo. Sante tè a tradwi nan sante fwi ak legim yo. Ou



vle pou tè a gen toulede bon drenaj ak bon imidite. Ou vle pou tè a resèwa bon noutriman ki nan konpòs la, ki pral ankouraje vè tè e lòt bèt ki bon pou vini. E pou ajoute yon ti sab oubyen gravye fen tanzantan, se enpòtan pou jwenn yon bon ekilib nan konpozisyon tè a.

Si tè a gen anpil asid, ajoute sitwon. Gen kèk legim ki renmen tè asidik (pa egzanp: pòm detè, tomat, piman, pwa e zonyon).

Si tè a tre alkalin, ajoute konpòs. (Legim nan Fanmi Brassica renmen tè ki alkalin. Pa egzanp: legim fey)..

KISA KI KONPÒS?

Se yon pratik pou ajoute fwi ak legim ki ap pouri (po manje) nan tè a pou amelyore konpozisyon, pou entwodwi noutriman ak vitamin epi pou ede avèk drenaj. Se yon bon ide pou Itilize bwa pou fè yon bwat pou estoke konpòs la paske materyèl sa ede konpòs la kenbe chalè (ki pral asiste nan dekonpozisyon) epi li ka pemèt lè a pase tou.

Ou kapab fè konpòs ak:

- tout deche jaden
- rip ou poud bwa
- cafe, te, po ze
- fey jounal, san dife, katon chire, cheve/plim moun e bèt, pay

***evite move zèb epi manje kwit

Mete tout matyè pou fè konpòs la nan gwo bwat la. Vire li youn fwa pa semen. Le konpòs la ap dekonpoze poutèt chalè, imidite epi tan, li dwe komanse gen yon sant ki dous. Se le sa ou dwe gaye li nan jaden an.

Vèmikonpòs: Ou kapab ajoute vè tè wouj nan konpòs pou asiste nan pwosès dekonpozisyon an. Vè tè yo manje rès manje sa yo epi yo kite deche pa yo nan tè a. Poupou vè tè se tou yon bon bagay pou sante tè a.

REKOT

Pyebwa Benzoliv/Doliv

Pyebwa ki rele Benzoliv se natif natal nan peyi End, men jodia w ka jwenn li alantou reyon twopikal yo an Azi, Afrik epi Amerik Latèn.

Pyebwa benzoliv yo grandi fasilman de semans oubyen le w plante moso yon branch. Yo grandi rapidman menm si tè a pa rich, epi yo fleri 8 mwa apre w plante yo.

BETRAV

Yon jwa pou gen nan jaden an avèk bèl koulè li yo. Tre fasil pou grandi, betrav yo renmen yon gwo veso avèk tè ki rich e leje epi yo renmen anpil soley.



Komanse avèk plizye semans nan tè a epi rache kèk grenn tanzantan si nesèsè pou bay yo bonjan espas pou grandi. Komanse avèk plizye semans nan tè a e apre rache kèk grenn tanzantan si nesèsè pou bay yo bonjan espas pou grandi. Nan jeneral, ou ka atann rekòlte yo an 8 semen. Senpleman, rale yo soti nan tè a. Jenn betrav piti yo gen plis dlo e yo pi gou.

ZONYON

Youn nan legim ki pi itil pou mete nan jaden w a.

Yo prefere yon plas ki ouvri avèk anpil soley. Ou kapab plante yo nenpòt tan pandan ane a si w amande tè a avèk konpòs.



Ou kapab plante grenn oubyen ti zonyon piti yo pou fè repwodikson. Nòmalmàn, yo bezwen 18-24 semen pou rekòlte. Kite fey yo tonbe poukont yo avan w dechouke yo. Kite yo nan soley oubyen nan tè a pou kèk jou pou yo ka vin mi.

CHOU

Yon bèl chwa pou fè pikliz e salad e tou pou mete nan legim avèk vyann. Yo prefere yon sit ki ouvri men ki pwoteje kont gwo van. Yo pa renmen konpòs frech, donk chwazi yon kote ki deja te gen konpòs youn ou de sezon avan. Nòmalmman, yo bezwen 20-40 semen pou rekòlte. Chou kapab difisil pou grandi, men si w koupe yo avèk anpil atansyon, plant la gen dwa pwòdwi yon dezyèm tèt. Trete yo avèk anpil swen. Ou kapab estoke yo pou plizye semen nan yon kote ki fe fre ki gen bon jan vantilasyon.

PWA TCHOUS

Pwa ki pi varye pou fè manje enkli pwa wouj, pwa tchous epi pwa tann. Yo renmen kote ki ouvri avèk anpil soley, e yo konn degaje yo tre byen nan vesò (vye kawoutchou, sak diri, elatriye). Nòmalmman, yo bezwen 7-14 semen pou rekòlte. Pou plante: fouye yon ti canal 1 1/2 pous fon, 6 pous laje epi nenpòt ki long (2-6 pye long) e plante 2 ranje grenn nan ti canal la. Fè atansyon le w ap sèkle. Veye pou ti bèt, tankou sourit e molisk (kalmason) yo. Yo pral vòlè oswa manje grenn ou ak lans jèn yo. Ou pa p bezwen enkyète le pwa yo rive nan matirite. Keyi pwa yo souvan paske plis ke w keyi, plis ki pral pouse. Pwa ki gen twòp laj vin rèd, donk manje yo le yo jenn. Ou kapab toujou itilize vye grenn yo pou plante ankò.

PWA NWA

Pwa sa yo tre fasil pou grandi epi yo renmen yon klima ki cho. Yo renmen yon kote ki ouvri avèk anpil soley epi tè ki pa twò rich avèk konpòs. Yo degaje yo tre byen nan vesò (vye kawoutchou, sak diri, elatriye). Nenpòt kote w deside plante yo, fòk w mete yon pikèt nan tè a pou pwa yo



ka monte nan direksyon soley la. Yo bezwen 14-26 semen pou rekòlte. Keyi pwa yo souvan e manje yo pandan pwochen 2 jou yo. Sa ka vle di w ap oblije pataje rekòlt la avèk fanmi e zanmi.

LÈTI

Gen yon gran varyasyon de koulè, gou e vizaj pou lèti yo. Lèti pral tolere lombraj men yo prefere kote ki ouvri avèk soley epi yon ti van. Tè a ki kenbe imidite se miyo. Ou kapab plante yo nenpòt le pandan ane a. Y ap prèt pou rekòlte nan 6-15 semen. Plant sa yo pral kontinye pwòdwi nouvo fey, ki pral pemèt w jere espas la byen..

TOMAT

Ou pral sèzi pou goute yon tomat ki sòti nan yon jaden òganik. Yo bezwen soley epi ase espas pou detire branch yo. Li esansyèl pou mete pikèt bwa ki fò pou sipòte branch yo e pou evite tomat yo pouri atè a. Etabli yon ore pou wouze plant yo pou evite fwi yo fann oubyen eksploze. Jeneralman yo bezwen 8 semen pou rekòlte.



COMPOST HAPPENS!

THERE IS NO WASTE IN NATURE.

Making compost is like making a cake but the funny thing is that in nature the cake makes itself—it just takes some time! That’s why we say “compost happens”! Natural processes break down organic material and they are returned to the soil to feed plants and continue the cycle. When humans get involved, we are following the same process but we can make it happen faster!

What you put into your compost pile will determine what you get out. Using diverse materials in a pile will give you a richer compost than if you only used dried tree leaves and banana peels, for example. As well, the best and fastest compost is made with the right ratio of ingredients.

INGREDIENTS:

- “Browns” or carbon-rich materials, like dried leaves.
- “Greens” or nitrogen-rich materials, like vegetable scraps.
- Air, all living things need oxygen to survive including the micro-organisms that do the work of composting!
- Water, these little buggers get thirsty, too!

You can think of the carbon-rich material as ‘browns’ because many of these materials are dry and dark in color (except for coffee grounds, which are nitrogen-rich—but remember coffee is only brown because humans roast the beans! Coffee beans start out green and, like all beans, they are high in nitrogen. And the nitrogen-rich materials or ‘greens’ are usually soft, and somewhat wet. But they are not always green—think of a banana or an apple core. Remember that ‘greens’ are usually food items and are typically soft and/or moist.



You should try for a volume ratio of about 3:1 browns to greens, if possible. (The reality is that all organic materials will degrade eventually, but this ratio will make your pile decompose quickly and with fewer problems).

No, really! What’s ‘brown’? And what’s ‘green’?

BROWNS	GREENS
Dried leaves	Fruit and vegetable waste
Cornstalks, corncobs	Eggshells
Shredded cardboard	Coffee grounds and teabags
Shredded newspaper	Chicken, goat and rabbit manure
Chopped twigs, sticks, tree bark	Grass clippings, garden waste
Sawdust (from untreated wood)	Seaweed (give it a good rinse to remove excess salt)
Sugar cane bagasse (easy to find in Haiti)	Wood ash (but not too much!)

How much air does my pile need? The answer is, it depends. You want air in the pile when



you build it but if you turn your pile too often, which adds air, your pile might not reach its peak temperature. Using diverse materials and somewhat chunky 'browns' will leave air pockets in your pile.

How much water does my pile need? Not too much but a good amount! If you take a handful of compost, it should feel damp, like a wrung out sponge but not drippy or soggy. Depending on the materials in your pile and your climate, you may need to add water to your pile. If the pile is too wet, add some 'browns' or carbon-rich materials to soak up some of the water. You don't need to cover your compost pile, as a general rule, but if you are expecting heavy rains, it's a good idea to cover the pile. Too much water too fast can leech the nutrients out of your pile!

Building a pile is simple and there are many ways to do it. An open pile is the simplest but it can attract pests (dogs, rats, raccoons). You can build a square bin with wood or pallets

but make sure the wood hasn't been treated with toxic materials. There are commercial compost bins but you needn't buy anything to get started. You can compost in a re-used five-gallon bucket! Just put some holes in the bottom first.

You can build a pile all at once or you can add to your pile when you have material available. Many people have strong opinions about composting but the most important thing is that you choose a system that will work for you in the time you have available. Remember, compost happens, people just speed it up.

Once you have your ingredients, the recipe is simple!

RECIPE: CHOP. LAYER. MIX.

CHOP. The more surface area on the ingredients, the faster those hungry little micro-organisms can devour them. You should tear or chop all the material to a size close to the size of your thumb (or your mom or teacher's thumb if you're a little kid).

LAYER. The best thing to do when you start is to try to layer your greens and browns. Remember you want to use three times the amount of browns as greens. On the bottom of your pile might be dried leaves or sugar cane bagasse or cardboard. Then add green, then brown, then green again. You can build a pile all at once in this fashion or you can add materials as they become available remembering the ratio.

MIX. If you have a compost thermometer, you can check your pile's temperature. If you don't have a thermometer, you can simply touch it. Getting close to your compost pile is the best way to see and understand what's happening. If you've built a good pile, it will get hot. Very hot! Too hot to touch even! All the activity of the micro-organisms doing the work makes the heat. Imagine a classroom

full of children running around the room with the windows closed—it would get hot, too! Your pile will get hot, then when the creatures have eaten all they can, they will leave your pile in search of food elsewhere. At this point your pile will cool down again. This is when you can mix or ‘turn’ your compost pile. Some people find this a chore, others really enjoy it! The point is to mix all the material around, add some air and start the process all over again. Some people don’t turn their piles and that’s fine. But they’ll wait longer for finished compost.

Depending on the type of bin you are using, you may need to empty the bin on to a tarp or the ground, and then put it back into the bin. Some systems allow you turn the pile into an adjacent bin. If you are using a commercial or homemade compost tube, you can pull the tube up and over the material. This is fun because you can really see the layers you initially built! Either way, the point is to add air, and mix the ingredients and any creatures in the pile. You also get the chance to see how the materials have changed since you added them. You’ll see some things haven’t changed much—like an avocado seed, which will take a long time to break down. And others seem to have disappeared altogether!

The best thing about compost is that it can and does happen without us! We can work hard to make rich compost quickly: using diverse materials, keeping the 3:1 brown to green ratio, checking moisture, and turning the pile. Or we can be lazy and simply throw everything in a pile and wait.

There are a ton of resources on the web and lots of science behind this amazing process but if it isn’t fun and/or easy, you won’t want to do it. So make it fun and make it as easy as you need! It will happen... with or without you!

I ♥ compost!



KONPÒS AP FÈT!

Pa gen okenn dechè nan lanati.

Pou fè konpòs se tankou fè yon gato, men bagay dwòl la se ke nan lanati, gato a fè tèt li—men li jis pran yon ti tan! Se pou sa nou di “konpòs ap fèt!” Yon pwosesis natirèl ap redwi matyè òganik epi tounen l nan tè a pou bay noutriman pou plant yo epi kontinye sik la. Lè moun enplike, nou swiv menm pwosesis la, men nou kapab fè l pi rapid!

Kisa w mete nan konpòs la ap detèmine sa w ap jwenn kòm pwodwi final la. Pou itilize matyè divès (plizyè tip de bagay) ap ba w yon konpòs ki pi rich ke si w ta itilize sèlman fey sèch oubyen po bannann, pa egzanp. Tou, pi bon konpòs la epi ki fèt pi rapid oblije gen yon bon balans de engredyan divès.



INGREDYAN

- “Mawon”: oswa matyè ki kabòn-rich, tankou fey sèch.
- “Vèt”: oswa matyè ki azòt-rich, tankou po manje / legim.
- Lè: tout bagay vivan bezwen oksijèn pou sove, enkli mikro-òganis yo ki fè travay la nan pwosesis konpòs la!
- Dlo: mikro-òganis sa yo vin swaf, tout!

Ou mèt panse a matyè kabòn-rich kòm “mawon” paske anpil nan matyè sa yo sèch epi gen koulè mawon (sòf poud kafe, ki azòt-rich—men pa bliye, kafe gen koulè mawon paske moun griye grenn yo! Grenn kafe komanse koulè vèt epi, tankou lòt pwa, yo gen anpil azòt.). Epi matyè azòt-rich, oubyen “vèt” yo nòmalman mou epi yon ti jan mouye. Men yo pa oblije genyen koulè vèt—panse a yon fig mi, oubyen yon pòm. Sonje ke “vèt”

yo anjeneral se bagay nou manje ki mou epi/oubyen imid.

Ou ta dwe eseye gen yon balans 3:1 (mawon : vèt) si posib. (Reyalite a se tout matyè òganik pral dekonpoze evantyèlman, men balans sa ap ede l dekonpoze pi rapid epi avèk mwens pwoblèm.)

Donk, vreman! Kisa ki ‘MAWON’? Epi kisa ki ‘VÈT’?

MAWON	VÈT
Fey Sèch	Po fwi/legim
Pay e bwa mayi	Po ze
Katon chire	Poud kafe epi te
Papye jounal chire	Kaka poul, kabrit, chwal e lapen
Ti moso ti branch, rip bwa	Zèb e dechè agrikòl
Poud bwa (ki pa trete)	Zèb lanmè (rense l pou retire sèl)
Bagas Kann (li jwenn fasil nan Ayiti)	San dife (men pa twòp!)

KONBYEN LÈ A KONPÒS LA BEZVEN? Repons la se, sa depann. Ou vle gen bon lè (oksjèn) nan konpòs la lè w komanse men si w vire konpòs la twò souvan (ki ajoute lè), li ka petèt pa janm rive nan yon bon tamperati cho. Si w itilize matyè ki divès epi moso “mawon” ki yon ti jan gwo ap ede kenbe oksijèn nan pil konpòs la.

KONBYEN DLO KONPÒS MWEN BEZVEN? Pa twòp, men l ap bezwen ase! Si w pran yon ti konpòs nan men w, li dwe yon ti jan mouye, tankou yon eponj ki imid. Sa depann ki matyè ki nan konpòs la ak klima k ap detèmine si w dwe ajoute dlo. Si konpòs la twò mouye, ajoute yon ti “mawon” oswa matyè ki

kabòn-riich to absòbe dlo a. Ou pa bezwen kouvri konpòs la, kòm yon règ jeneral, men si w atann yon gwo lapli, se yon bon ide pou kouvri li. Twòp dlo two vit kapab kòz noutriman yo koule sòti nan konpòs la!

Kontwi yon pil konpòs se fasil epi gen plizyè fason pou fè l. Yon pil ouve se fason ki pi senp men li ka petèt atire bèt (chen, rat, ets). Ou kapab konstwi yon bin kare avèk bwa oubyen yon palèt, men itilize bwa ki pa trete ak bagay toksik. Gen bin sa yo w ka achte men w pa ta sipoze achte anyen pou komanse. Ou ka fè konpòs nan yon vye bokit 5 galon! Sèlman mete ti twou anba nan bokit la anvan.

Ou kabap fè pil konpòs la nan yon sèl kou oubyen ou ka ajoute nan pil la chak lè w gen matyè ki disponib. Gen anpil moun ki gen opinyon fò sou konpòs men sa k pi enpòtan se pou chwazi yon sistèm ki bon pou w e ki mache avèk tan ki disponib. Sonje, konpòs rive poukont li, moun jis fèl rive pi vit.

Lè w gen tout engredyan yo, resèt la senp!

RESÈT:

1. Koupe
2. Fè kouch
3. Melanje

KOUPÉ. Plis sifas w gen sou engredyan yo, pi vit mikro-òganis yo pral manje yo. Ou twa dwe koupe oubyen chire tout materyèl nan ti moso ki menm gwose ak gwo pous w.

FÈ KOUCH. Pi bon bagay pou fè lè w komanse fè konpòs se pou fè plizyè kouch avèk 'mawon' e 'vèt' yo. Sonje ke w vle itilize twa fwa kantite 'mawon' ke 'vèt'. Kouch ki anba nèt kapab fey sèch, bagas kann oubyen moso katòn. Apre sa, ajoute vèt, lè sa mawon, apre vèt ankò, ets. Ou ka fin fè pil konpòs la nan yon sèl kou nan fason sa a, oubyen w ka ajoute plis matyèl le yon vin disponib (men pa bliye kenbe balans la).



MELANJE. Si w gen yon termomèt espèsyalman pou konpòs, w kapab veye tamperati konpòs la. Si w pa gen yon termomèt, w kapab ji manye konpòs la. Pou veye konpòs la chak jou se pi bon jan pou konprann sa k



ap pase ladan l. Si w te kontwi yon bon pil konpòs, l ap vin cho. Cho anpil! Menm twò cho pou touche l. Se tout aktivite mikro-òganis yo k ap jenere chalè a. Imajine yon sal klas nan yon lekòl ki plen ak timoun k ap

kouri toupatou andan l avèk fennèt yo femen—li ta vin cho, tou! Konpòs ap vin cho, epi lè ti mikro-òganis yo fin manje tout sa yo kapab, yo pral kite pil konpòs la pou chache manje yon lòt kote. Se nan lè sa tanperati nan pil konpòs w ap komanse desann ankò. Se lè sa w kapab melanje oubyen vire pil konpòs la. Gen moun ki panse sistem pou vire a se twòp travay, men gen lòt moun ki renmen fè l! Objektif la se pou melanje tout materyèl yo, ajoute yon ti oksijèn epi komanse pwosesis la ankò. Gen moun ki pa janm vire konpòs pa yo a, epi sa bon tou. Men yo pral oblije ret tann plis pou kon pwodwi ki fini.

Sa depann ki tip bin (bak) w ap itilize, men w ka bezwen vide konpòs atè oubyen sou yon prela, epi tounen l nan bin nan ankò. Kèk sistem pemèt w vire konpòs nan kon lòt bin ki akote l. Nenpòt fason, objektif se pou ajoute oksijèn epi melanje tout engredyan yon byen melanje. Lè sa tou, w ap gen chans pou we kijan matyè chanje depi premye jou an. Ou pral we kèk bagay ki pòke chanje menm—tankou yon grenn zaboka, ki ka pran anpil tan pou dekonpoze. Tou, w pral we lòt bagay ki prèske disparèt menm!

Pi bon bagay nan konpòs se paske li ka fèt san nou menm! Nou ka travay di pou fè yon konpòs ki tre rich e ki dekonpoze tre vit: itilize matyè divès, kenbe balans 3:1 (mawon:vèt), veye imidite, epi vire pil la. Oubyen nou kapab parese e senpleman voye tout bagay ansanm nan yon ti monn epi tann.

Gen yon pakèt resous sou entènèt epi anpil syans nan pwosesis mayifik sa, men si l pa fasil oubyen si w pa jwenn jwa ladan l, w pa p vle fè l. Donk, fè l avèk plezi epi fè l pi fasil, jan w vle. Li pral rive kamenm... avè w oubyen san w!

Mwen ♥ konpòs!



THE MAGICAL MORINGA TREE

*Where there is Malnutrition,
there can be Moringa Oleifera.*

*Where there is Polluted Water,
there can be Moringa Oleifera.*

*Where there is Soil Erosion,
there can be Moringa Oleifera.*

Malnutrition, polluted water, and soil erosion are widespread in Haiti. The Moringa Oleifera tree can be a powerful tool to combat each of these problems.

Moringa trees happen to grow and flourish in the same subtropical areas where these issues are most common, including Haiti. And because the Moringa is a softwood tree with low-quality timber, there is a lower risk of these trees being chopped down prematurely for use as lumber or fuel, as has been the fate of so many of Haiti's native trees. We hope that the following information will encourage people to plant and protect these trees instead of cutting them down.

KISA M KA METE NAN KONPÒS MWEN AN?

Wi!	Non!
Po bannann/fig	Vyann ak zo
Po ze	Lèt ak bè
Fey	Plastik
Ti branch piti	Pen
Zèb	Lwil
Papye jounal chire	Papye blanchi
Po sitwon/zoranj	Fatra
Dechè agrikòl	Kaka chen, chat ak kochon
Kaka pou/lapen	Plant ki malad
Pay/bwa mayi	Move zèb
Po pistach	Rès manje ki gen anpil grès ak sezon
Cheve ak zong	Sik ak engredyan atifisyèl
Poud kafe	Twòp sitwon/zoranj (asid)
Fey remèd/ te	Grès
Moso Katon	Bagay toksik
San dife	Bagay ki pa ka dekonpoze

Not otè a: Pou pati paj sa a, m ta renmen gen ti desen anviwon de lis bagay anle yo. Desen say o dwe rekonnè fasilman pou timoun – tankou yon po fig epi po ze.



EATING MORINGA

The easiest way to reap the greatest nutritional benefits of the Moringa tree is to simply dry the leaves, grind them into a powder, and sprinkle the powder into beverages and meals. With just a tablespoon of dried Moringa powder a day, you can greatly improve your health. Moringa leaves are packed full of disease-fighting nutrients, including vitamins A and C, calcium, potassium and easily digestible proteins. Adding nutrient-rich Moringa to daily meals can help fight malnutrition, especially among infants, small children, and nursing mothers.

Dry the Moringa leaves in the shade to preserve the nutritional content. Rub the dried leaves on a fine screen to grind, or use any type of grinder or mortar and pestle you can find. You can store your Moringa powder for months in the shade without refrigeration. The powder can be added to any common, traditional dish or beverage without negatively affecting the flavor.

HOW TO USE DIFFERENT PARTS OF THE MORINGA TREE IN THE KITCHEN

PODS: Can be boiled, steamed, fried, or roasted, and eaten just like green beans or okra.

LEAVES: Select fresh, dark green leaves. Dry and grind the leaves into a powder to add to beverages, soups, sauces, and other staples. You can also sauté or steam the fresh, whole leaves as you would any other leafy green vegetable for a healthy, simple dish. Or chop them up and use the leaves as you would use fresh herbs to add flavor to your meal.

FLOWERS AND BUDS: Can be eaten raw or fried, or steep in hot water to make a delicious, floral tea.

SEEDS: Can be roasted and eaten. Or grind and press the seeds to extract the mild, nutty oil, which can be used as a cooking oil, skin moisturizer, or for lamps or cook stoves. The seed cake leftover after pressing the oil can be used to purify water or fertilize soil - instructions can be found on the following page.

See the “Recipes” chapter for even more ideas for using Moringa in the kitchen!

CLEANING WATER WITH MORINGA

Lack of access to clean water for drinking, cooking and cleaning is an ongoing problem in Haiti. Villagers throughout the world use Moringa seeds as a flocculant to clean and purify their water. The seeds reduce visible contaminants from the water and greatly reduce bacteria, but water should still be boiled for one minute after being filtered with Moringa seeds to remove all harmful bacteria, even if it looks clean.

50-150 mg of ground Moringa seed treats one liter of water, depending on how clear the water is. The seed cake left over after extracting oil can still be used for water purification.

(Source: Trees for Life International)

HOW TO PURIFY WATER WITH MORINGA SEEDS

1. Allow the Moringa seed pods to dry naturally on the tree before harvesting them.
2. Remove the seed husks, leaving a whitish kernel.
3. Crush the seed kernels to a powder with a stone or mortar.
4. Mix the powder with a small quantity of water. Pour the mixture through a tea strainer or sieve into a cup. It's best to cover the strainer with a piece of clean cloth.
5. Add the resulting milky fluid to the water you wish to purify.
6. Stir quickly for 30 seconds, then slowly and regularly for five minutes.
7. Cover the water, do not disturb for at least an hour.
8. The clean water may be siphoned or poured off the top of the container.



STOPPING SOIL EROSION WITH MORINGA

Haiti is 98% deforested and soil erosion is a serious problem. In addition to massive deforestation, soil erosion can be caused by overgrazing and poor farming practices. In Haiti, soil erosion has left much of the land unsuitable for farming and especially vulnerable to flooding and mudslides.

Moringa trees are useful in slowing deforestation and soil erosion, protecting the land, and healing the soil. They are fast-growing, can adapt to poor soils, love sun and heat, and can survive strong winds and periods of drought thanks to their long taproot. Moringas can be planted on hillsides to help prevent erosion and mudslides. The dried pods and fallen leaves can be used as mulch, and seed cakes leftover after pressing Moringa oil can be used as a fertilizer to enrich the soil. Moringas can also be used to protect crops from heavy winds, to provide shade for crops that might be damaged by too much direct sunlight, and as live fences or supports for climbing plants such as runner beans and pole beans.



PLANTING YOUR OWN MAGICAL MORINGA TREES

With the potential to combat malnutrition, polluted water, and soil erosion, the Moringa truly is a magical tree. Enclosed with this book are two magic Moringa seeds for you to plant, so you can grow your very own Moringa trees. You can plant your seed in a sub-irrigated planter made out of an old soda bottle, and when it gets big enough, move your seedling to a coffee bag planter or recycled tire planter. Directions for how to build each of these can be found in the “Activities” chapter of this book.

MANJE BENZOLIV

Kote gen malnitrisyon:

Kapab genyen Benzoliv (Moringa Oleifera).

Kote gen dlo polye:

Kapab genyen Benzoliv.

Kote gen ewozyon:

Kapab genyen Benzoliv.

Kote pa gen ase bwa pou fè kay, kloti oubyen chabon:

Kapab genyen Benzoliv.

MANJE BENZOLIV

“Malnitrisyon se lakòz anpil soufrans imèn epi li responsab pou plis ke mwaye lanmò timoun mondyal.” (Pelletier, 1995). **[NEEDS A MORE COMPLETE CITATION]**

Senpleman seche e pile fèy Benzoliv yo. Ak yon sèl gwo kiye poud fèy doliv ou kapab amelyore lasante w paske li gen anpil pwoteyin ak vitamin ladan l. Se posib pou “grandi” pou sòti nan malnitrisyon ak pye Benzoliv la, ki renmen grandi nan menm klima ki nan peyi ki gen anpil malnitrisyon. Apre w pile fèy sech yo, w kapab stoke yo nan yon bokal nan yo kote ki fè fre pandan plizyè mwa.

Grenn: Pile e peze grenn yo pou retire yon lwil pou fè manje.

Flè ak boujon: Tranpe nan dlo cho pou fè yon te ki gou anpil ki bon pou grip.

Pwa: Kwit yo pou manje, menm jan ak pwa tann ak kalamou.

Fèy: Ou kapab manje yo tou kri kòm salad. Tou, ou ka ajoute fèy yo nan sòs, soup, diri, mayi, ets. Oubyen, w kapab seche yo epi pile yo nan yon poud pou ajoute nan nenpòt ki manje.

Itilize Lwil Benzoliv nan Kizin nan:

- Pou fè manje
- Pou ajoute nan pen ak gato
- Pou mete sou salad
- Pou fè mayonez
- Pou fri manje
- Nan sòs
- Melanje avèk epis e manje ak pen
- Pou fè pòpkòn
- Melanje ak bè e mete sou pen

- Avèk spageti
- Pou fri pwason ak lòt fwidmè
- Mete sou pitza

www.ilovemoringa.com 2012

TRETE DLO AK BENZOLIV

Yon bilyon moun nan mond lan gen aksè sèlman dlo sal epi yo ka filtre l pou sèvi. Si w sèvi ak benzoliv nan pwosesis tretman dlo, se fasil pou filtre dlo a. Ka menm, w pral bezwen chofe dlo a apre tretman dlo avèk benzoliv la.

Apre w fin peze grenn yo pou ekstrè lwil la, senpleman mete kaka grenn yo nan yon bokit dlo sal epi kite l tranpe pou yon jounen. Oswa w ka pile 4-5 grenn sech nan yon poud epi ajoute sa nan bokit dlo sal la. Kite l tranpe pou yon jounen epi bwase l tanzantan. Apre sa, vide dlo a nan yon mayo pwòp (kòm yon paswa) pou retire kras grenn yo epi bouyi dlo a.

(Nouvèl Benzoliv epi http://en.howtopedia.org/wiki/How_to_Purify_Water_with_Moringa_Seeds 2012)

REKONSTWI LATÈ A AVÈK BENZOLIV

Ayiti fin debwaze 98% epi ewozyon vin yon pwoblèm serye.

Ewozyon: tè ap sòti ale rapid akòz pa gen plant pou kenbe l.

Tè toujou retire natirèlman pa dlo ak van: ewozyon jeyolojik sa ap rive pandan 450 milyon ane, depi premye plant sou tè you te pouse. Menm anvan sa, pwosesis natirèl konn deplase wòch lach yo, menm jan sa rive sou planèt Mas. An jeneral, ewozyon jeyolojik sa retire tè a apeprè menm nivo a jan tè a ap fòme. Men ewozyon ‘akselere’ — yon pèt tè pi rapid ke l kapab fòme — se yon pwoblèm pi nouvo. Ewozyon sa se toujou rezilta de aksyon imèn, tankou twòp patiraj oubyen pratik kiltivasyon ki pa bon pou tè a. Aksyon sa yo kite tè a vilnerab e san pwoteksyon.

Apre sa, lè gen anpil lapli ak move tan, tè a vin detache, transpòte, epi plase yon lòt kote (pa fwa yon lon distans). (soilerosion.net 2012)

Kijan pyebwa Benzoliv kapab anpeche Ewozyon?

Bèt: Fèy yo vreman efikas kòm yon manje nourisan pou kochon, kabrit ak lòt bèt.

Sipò nan Jaden: Ti pyebwa yo kapab sèvi kòm yon poto pou pwa, yanm, vaniy, pwav ak lòt plant ki fè lyèn yo. Yo ka ede kase van, bay lonbraj epi konsève imidite nan jaden yo epi bay manje pou bèt. Yo tou kapab sèvi kòm yon kloti vivan epi pou kontwòle ewozyon.

Kontwòl Ewozyon: Pyebwa sa yo kapab plante sou bò mòn pou evite ewozyon ak glisman tèren. Pwa sech ak fèy ki tonbe yo kapab sèvi kòm yon bon fimye ki pral tounen yon angrè pou plant yo.

Pwoteksyon pou Rekòt: Fèy yo bay yon pwoteksyon natirèl kont chanpiyon ki touye ti plantil yo. Fèy ki tranpe nan dlo kapab ede nan kontwòl chanpiyon epi ankouraje jèminasyon ak devlopman ti plantil yo.

BWA BENZOLIV

Bwa benzoliv pa tèlman bon pou konstwi yon kay. Men bwa sa bon anpil pou fè papye. Ekòs la bon pou fè kòd epi rasin yo bon pou itilize kòm yon epis pou fè manje.

Kloti: Pyebwa sa yo ka itilize kòm yon kloti vivan oubyen koupe pou itilize pou poto kloti a. Si w kite pyebwa yo grandi pandan plizyè ane, l ka vin yon bon sous bwa pou sèvi.

Chabon ak Bwa: Pyebwa sa grandi tre rapid (li kapab rive 3-5m nan premye ane a) ki pwodwi yon bwa lejè ki ka sèvi kòm chabon pou recho. Bwa sa tou gen potansyèl pou fè skiltè men li pa ase fò pou konstwi kay.

(treesforlife.org 2012)

ACTIVITIES TO TRANSFORM TRASH INTO ART

PLASTIC BOTTLE PLANTER

Things You'll Need:

Plastic 2-liter bottle (1 liter also works)

Razor blade or scissors

Old cotton t-shirt or a piece of scrap fabric approx. 12"x1"

Single-hole punch

Newspaper

Soil

Seedling

OPTIONAL:

Duct tape and plastic lanyard or other water-proof string (if hanging planter)

Fine-grade sandpaper and acrylic paint, or paint formulated for use on plastic (if painting planter)

INSTRUCTIONS:

1. Rinse bottle and remove the label and cap. Cut the bottom third of the bottle off with a razor blade or scissors. The top two thirds, turned upside down and nested in the bottom third, will be the planter. The bottom third will be the water reservoir.
2. Cut three strips from an old white t-shirt or scrap of fabric, approximately 12 inches long and 1/4 inch thick. Tie the strips together with a knot 3 inches from one end. These are your wicks.
3. Punch holes around the top of the water reservoir (the bottom third of the bottle) for air flow.
4. Turn the planter (the top of the bottle) upside down, thread the short ends of the cotton wicks through the mouth of the bottle from the inside, and place inside the water reservoir. Make sure the knot is large enough to



stop up the mouth of the bottle, so the soil will not fall out.

5. Line the planter with newspaper. This is so the plant roots don't get burned by the sun. If you are painting your planter (see "Options" below), newspaper is not necessary.
6. Pull the wicks up and lay over the side of the planter. Fill the planter one-third full of soil, keeping the wicks straight up the middle. Coil the wicks throughout the soil as you fill the planter up almost to the top. Plant your seedling and cover lightly with soil.
7. Add water to the bottom of the bottle, which is your planter's reservoir. The cotton wicks will hang down into the water and draw it up into the soil.
8. Set your new self-irrigating planter on a sunny windowsill and watch your plant grow! Add more water to the reservoir whenever it gets low.



OPTIONS: HANGING PLANTER

If you want to hang your planter, cut a “window” near the top of the water reservoir in Step 3. This is where you’ll pour the water in. Attach the reservoir to the planter by duct-taping around the bottle where the two parts meet. Cut five pieces of plastic lanyard or any waterproof string approximately 3’ long (depending on how high you want to hang your planter). Tie a knot with all five pieces 4 inches from each end. Place one knot at the bottom of the bottle, thread the strings up around the bottle, and add another strip of duct tape around the bottle and strings to hold them in place. Hang the planter from the knot at the top.

PAINTED PLANTER

If you want to decorate your planter with paint, after cutting the bottle, sand the surface of the planter section only (not the reservoir) lightly with fine-grade sandpaper so the paint will adhere to the surface of the plastic, then paint with a light-colored acrylic paint. (Dark paint may draw too much heat into the roots). Alternately, you can use paint formulated for use on plastic, which does not require sanding the bottle first. Let paint dry thoroughly before continuing with planter construction.

BOUTEY PLASTIK PO FLÈ (IRIGÈ)

Pandan vizit nou nan Janvyè 2012, nou te fè yon ti pwòje pou kreye ti po flè avèk boutey plastik pou montre konsèp de resiklaj, epi tou pou eksplike kijan fè konpòs e plante pwòp manje pa w, avèk tout benefis legim yo genyen. Nou menm pa t konnen yon pakèt bèl idè ta sòti nan kèk boutey plastik nou te jwenn nan fatra a!

Pwòje sa aplike transfòmasyon vye boutey plastik nan bèl po flè ki irigè le nou couple yon nan de bout, vire pyès ki anlè e plase li nan bout anba (rezèwa dlo), epi kwoke yo alantou OJFA (ôfèlina nan zonn Pakò). Chak fi ede plante ti plantil pa l epi te responsab pou pran swen l—tach sa vin pi fasil avèk sistèm irigasyon an, ki bay plant yo dlo gout a gout, san bezwen wouze l chak jou.

Ti fi nan OJFA pa jwenn legim frèch fasil, epi malnitrisyon se yon pwoblèm ki pèsiste an Ayiti, donk nou mete aksan sou legim, ki enkli epina, leti, betrav, pwa tann epi piman. Pou soulinye enpòtans pou manje plis legim, nou te kreye yon liv ak imaj pou fi yo ki detaye tout eleman nitritif ki nan chak plant epi eksplike koman eleman nitritif sa yo ka ede yo grandi fò e bèl. Aprann kijan pou fè pa w ISIT!

Men kijan pou fè ti po flè irige avèk yon boutey plastik (2 lit):

Bagay w ap bezwen:

Boutey plastik 2 lit (1 lit ap bon tou)

Jilèt oubyen sizo

Yon vye mayo oubyen moso twal (anviwon 12”x1”)

Yon aparey pou fè twou

Papye Journal

Tè

Plantil

Opsyon: bon tep epi kòd (ki pa p pouri fasil), papye sab, penti akrilik (oubyen nenpòt penti ki bon pou plastik)

ENSTRIKSYON:

1. Rense boutey epi retire etikèt ak bouchon an. Koupe pati anba boutey la ak jilèt oubyen sizo. Tèt boutey la, lè w vire l tèt anba andan bouda boutey la, ap sèvi kòm po flè a. Bouda boutey la ap sèvi kòm rezèwa pou dlo a.

2. Koupe yon vye mayo o twal nan twa moso, anviwon 12” longe epi 1/4” laje. Mare moso twa sa yo ansanm 3” de fen an. Sa yo pral sèvi kòm mèch pou tire dlo a.

3. Fè kèk ti twou nan pwent anlè nan rezèwa dlo a (bouda boutey la) pou lè ka antre.

4. Vire tèt boutey la tèt anba epi pouse mèch yo antre nan bouchon boutey la (komanse andan) epi mete l nan rezèwa dlo a. Se enpòtan pou mèch la ase gwo pou l ka kenbe tè epi anpeche l tonbe sòti anba.

5. Mete papye journal andan po flè a. Sa se pou rasin ti plantil la pa brile anba soley la. Si w pral pentire po flè a, papye journal la pa p nesèsè.

6. Rale mèch yo nan po flè a epi kenbe yo dwat pandan w ap komanse plenn li ak tè. Lè po flè a fin plenn ak tè, plante ti plant la ladan l.

7. Mete dlo nan rezèwa (bouda boutey la). Mèch twal yo pral tranpe nan dlo a epi tire l nan tè a.

8. Mete po flè a nan soley epi gade plant la pandan li grandi! Ajoute dlo nan rezèwa lè l vin ba.

Opsyon:

Po flè

Pandye:

Si w vle kwoke po flè a, koupe yon ti “fenèt” toupre tèt rezèwa nan etap 3. Ou pral itilize fenèt la pou mete dlo. Tache rezèwa ak po flè a avèk yon bon tep. Koupe 5 moso kòd anviwon 3’ longe (sa depann ki wote w vle mete l). Mare toule 5 moso fil la epi kite 4” nan fen an.

Mare kòd yo anba boutey la, pase kòd yo sou boutey la epi tache kòd yo nan boutey la ak yon moso tep. Kwoke po flè a sòti nan ne anlè a.

Po Flè Pentire: Si w vle dekore po flè a avèk penti, apre w fin koupe boutey la, fwote l ak papye sab nan tèt boutey la (pa rezèvw) pou penti a kapab byen kole nan plastik la. Apre sa, pentire l ak yon koulè ki pa twò fonse (pou l pa trape twòp chalè). Kite penti a seche konplètman anvan w kontinye ak lòt etap yo.

TIN CAN PLANTERS

This is a simple project that even the smallest of hands can manage to create.

SUPPLIES:

Medium and Large sized Tin Cans

Portable Glue Gun

Glue Sticks

A Rock

A Nail

Various found objects like: glass marbles, feathers, screws, lids, bolts, old zippers, bits of plastic, buttons, etc

Seeds

*sturdy magnets (you can opt to glue your robot face pieces to magnets for a Mr. Potato Head-like flexibility)

INSTRUCTIONS:

1. Clean your can out and remove the label, if you don't like it. If your can is not as pretty as you'd like, decorate it and let it dry before you start.

2. Position your nail over the bottom of the can and use the rock held in your other hand to pound in holes in the bottom of your can. We made 3 drainage holes.

3. Use your various found objects to create a robot face on your can, gluing each piece on with your glue gun. Be creative!

4. Fill your can 3/4 of the way with potting mix and you're ready to plant!

5. Use a rag to gently wipe any soil off of the can's lip, so it looks nice and clean.

6. Insert seeds and water your Robot Tin Can Planter. We opted for Cilantro, Mint and a Lettuce Medley.

MANMIT PO FLÈ

Sa k te komanse kom yon pwoje pou ranmasse resèt nan Site Soley vin tounen yon bèl inisyativ pou bay vye manmit yon dezyèm vi.

Reyalite Enteresan de Resiklaj / Metal

(gras a Benefis-de-Resiklaj)

Resiklaj de bout fè avèk manmit sove 74% de tout enèji ki bezwen pou pwodwi yo.

Ameriken yo jete ase aliminyòm chak mwa pou rekonstwi tout avyon komèsyal yo.

Ameriken yo jete ase bout fè ak lòt metal (asye) pou konstwi tout machin yo ki fèt nan peyi yo.

Yon izin asye ki sèvi ak metal resikle ap redwi kontaminasyon dlo, polisyon lè epi deche min pa 70% anviwon.

Chak fwa w jete yon manmit aliminyòm w ap gaspiye menm kantite enèji kòm si w te vide yon demi manmit gasoline a tè a.

Ameriken yo itilize 100 milyon manmit chak jou.



Resiklaj de yon sèl grenn manmit aliminyòm kapab sove ase enèji pou limye yon anpoul 100 wat pou 20 èdtan, yon òdinatè pou 3 èdtan, epi yon televizyon pou 2 èdtan.

Robo Manmit Po Flè Sa se yon pwoje tou senp; menm timoun tou piti kapab fè l.

MATERYÈL YO:

Manmit (mwayen e gwo)

Baton lakòl pou yon zam lakòl pòtab, yon wòch, yon klou, epi plizyè ti bagay (tankou: mab, plim, vis, bouchon kola, boulon, vye zip, mòso plastik, bouton, ets), semans, epi bon magnèt (si w ta vle chanje figi robo yo tanzantan)

ENSTRIKSYON

1. Lave manmit w e retire nenpòt papye ki sou li si w pa renmen l. Ou kapab pentire manmit la si w vle (kite l vin sèch avan w dekore l).
2. Itilize yon klou ak yon wòch pou fè 3 ti twou anba manmit la (pou drenaj).
3. Komanse kole ti bagay sou manmit la nan fòm yon figi. Fè kreyatif.
4. Plen manmit la avèk bon tè, epi w ap prèt pou plante!
5. Itilize yon twal pou siye manmit la si l vin sal.
6. Plante semans nan tè nan robo manmit po flè a epi wouze yo. (Nou te plante pès, mant epi lèti)

TIRE PLANTERS

The project involved upcycling discarded car tires of various sizes into colorful planters by cutting out their sidewalls and then stacking them three high to form a tall ring planter. Our first few tires can be found at Haiti Communiterie and OJFA. Thank you to GoPro for helping us capture the entire process.

The easiest and fastest way to start a moringa tree is from branch cuttings. Even branches used as fence posts often take root and grow into full-sized trees. You can also grow moringa from seed, but this is a little more



difficult and takes longer to give you a yielding tree. Try growing from seed if you cannot get branch cuttings. Researchers at the Kenya Forestry Research Institute found growth rates as high as seven metres in the first year from seed, with extremely high fruit yield. The main danger with seedlings is getting too much moisture before they become woody. Moringa branch cuttings will root without much care, but they grow best if you plant them at the start of the rainy season or another time when the weather is mild. Avoid planting cuttings in very hot or cold weather. Choose a healthy, mature tree from which to take your cuttings. If possible, find out which trees bear the largest number of pods and the best-tasting ones. Take cuttings from those trees. It is always better to take cuttings from several different trees rather than just one. This way, if a disease or pest strikes, some of your trees will have a better chance of surviving. Find a straight mature branch with some hard wood. Cut off about one metre from the end of the branch, just below a node. Then cut off the leaves and tender growing end of the branch, cutting just above a node. This is your branch cutting. SOURCE: Trees for Life International

PO FLÈ FÈT AVÈK VYE KAWOUTCHOU POU PYEBWA DE LAVI

Grenn doliv ki jèmen nan yon manmit, ap tann nouvo kay yo nan yon vye kawoutchou.

Yo boule majorite de deche an Ayiti. Imajine tout toksin ki echape le kawoutchou ap boule yon jounen ki fè cho an Ayiti. Se polisyon lè sa a ki te nan tèt nou le nou te deside pou ede atmosfè a avèk ide pou plante pyebwa nan vye kawoutchou sa yo olye boule yo. Pandan vizit Ayiti nou te fè nan Avril 2012, nou te fè patnè avèk *Rebuild Globally* epi *Haiti Communitere* pou kreye po flè pou pyebwa benzoliv epi montre konsèp pou resikle, fe konpòs epi grandi

pwòp manje pa nou, avèk tout benefis pou lasante pyebwa sa yo genyen.

Pwòje sa enplike resiklaj de vye kawoutchou machin nan bèl po flè le nou koupe e retire mitan yo epi mete yon sou lòt pou fè yon gwo po flè ki ka kenbe yon pyebwa. Ou ka jwenn evidans de premye eksperyans nou fè nan sa nan Haiti Communitere epi OJFA. Nou vle remès GoPro pou ede nou kapte tout pwosesis la.

Yo ap plante pyebwa majik ki rele benzoliv avèk anpil sikès pou nitrisyon nan Afrik epi kèk kote an Azi. Peyi k ap devlope yo bay pyebwa non an “plant mirak”. Nou menm nan Pwòje HOPE ART ap anbake sou yon pwòje nou renmen rele kòm Pyebwa de Lavi. Yon pyebwa kapab rale dlo anba tè a avèk rasin li yo epi evite ewòzyon sol la. Li ka itilize dlo sa pou bay manje ak lonbraj pou kominote a. Sa vreman enpòtan nan yon peyi ki deja debwaze 98%.

Plis enfòmasyon de pye benzoliv: Tou konnen kòm pyebwa “horseradish”, fey ki sòt nan pyebwa sa genyen: 7 fwa vitamin C ki nan zoranj, 4 fwa kalsyòm epi 2 fwa pwoteyin ki nan lèt, 4 fwa vitamin A ki nan kawòt, epi 3 fwa potasyòm ki nan fig bannann.

Pi fasil jan pou komanse yon pye benzoliv se pou koupe yon ti bout branch. Menm branch yo ki sèvi kòm poto pou klotire yon lakou ap souvan pouse rasin epi vin gwo pyebwa. Tou ou ka komanse pyebwa doliv avèk grenn yo, men sa ap yon ti jan pi difisil epi l ap pran plis tan pou vin yon gwo pyebwa ki donnen anpil fey. Eseye plante grenn yo si w pa ka jwenn yon ti branch koupe. Nan Enstiti pou Rechèch Fore nan Kenya, yo jwenn pye benzoliv ki grandi 7 mètr wotè nan premye ane ki sòti nan grenn, epi ki donnen anpil. Pi gwo danje pou ti plant yo se pou jwenn twòp dlo avan yo pran matirite. Branch koupe yo ap bay rasin fasilman san anpil swen, men yo grandi pi byen si w plante yo nan komansman de



sezon lapli a, oubyen yon lot epòk, le tan dou. Evite plante ti branch yo nan twòp chalè oubyen fredi. Chwazi yon pyebwa ki djanm epi an bon sante pou koupe ladann. Si posib, chache konnen ki pyebwa donnen plis fwi epi ki gen pi bon gou. Koupe nan bon pyebwa sa yo. Li toujou pi bon pou koupe nan plizyè pyebwa, olye youn sèl. Se konsa, si yon maladi oubyen ensèk atake, gen nan pyebwa yo k ap gen yon bi pon chans pou sove. Seleksyone yon bon branch ki dwat epi ki djanm. Koupe anviwon yon mètr longè sòti nan pwent branch la, jis anba kote l ap pouse yon ti branch. Apre, retire tout fey epi koupe ti pwent branch la (jis apre kote l pral pouse yon nouvo branch). Kounyea, w ka plante li pou fè yon nouvo pyebwa. **SOUS:** Trees for Life International

Aprann kijan pou fe yon po flè avèk yon vye kawoutchou isit.

Po flè fèt ak Vye Kawoutchou

Men kijan pou fè yon po flè avèk yon vye kawoutchou machin.

Bagay w ap bezwen: Kawoutchou machin (3 oubyen plis)

Yon kouto oswa manchèt ki byen file, sawzall,

Bout bwa (planch de 1x2'), vis, bouchon kola, prela oubyen sak

ENSTRIKSYON

Ou ka itilize yon kawoutchou poukont li oubyen mete yon sou lòt pou fè yon po flè ki pi wo (nou te itilize 2 oubyen 3).

Si w ap itilize plizyè kawoutchou, li enpòtan pou chwazi yo ki preske menm gwose (dyamèt). Si yo pa menm gwose, l ap vreman difisil pou mete youn chita sou lòt.

Ou ap koupe pati nan mitan kawoutchou yo, men fòk w kite yon kwen, pou kawoutchou yo ka chita sou lòt.

Pou retire pati nan mitan kawoutchou a, komanse pa pese kawoutchou avèk yon kouto djanm ki byen file. Apre, si w gen akse yon "sawzall" (se sa nou te itilize), w ka itilize l pou koupe tout pati ki nan mitan. Si w pa gen akse yon "sawzall", w ka kontinye koupe l avèk kouto a, men sa kapab yon ti jan difisil. Repete sa sou toulede bò kawoutchou a.

Si w ap itilize plizyè kawoutchou, w ap bezwen tache yo ansanm-- espesyalman si w gen pou deplase po flè a. Nou te itilize vye ti planch bwa

(1x2 pous) pou fè strikti a pi solid. Pou fè sa, nou te koupe 3 ti planch nan longè jis anba wote kawoutchou yo (egzanp: si 3 kawoutchou mezire 24 pous an wote, nou koupe planch yo 22 pous). Nou plase chak planch vètikalman andan kawoutchou yo, avèk yon ti espas ni anba ni anlè a (egzanp: si kawoutchou yo mezire 24 pou epi planch yo mezire 22 pous, nou mete planch yo pou kite 1 pous anba epi 1 pous anlè). Apre, nou te itilize vis 1 ¼ pou pou tache planch yo nan kawoutchou yo. Vis yo ap pi fasil pran nan bwa ke kawoutchou, donk nou te komanse vise yon andan pou pase nan kawoutchou avan li pase nan bwa a. Tou te itilize yon bouchon kola (plat) pou mete avèk chak vis, pou anpeche vis la pase antre nan kawoutchou a. Nou te bay chak planch menm espas entre lòt yo, pou si w ta gade yo sou anlè, yo fè yon triyang. Si w itilize 2 kawoutchou, w ap itilize 3 vis pa planch (2 nan kawoutchou ki anba epi 1 nan kawoutchou ki anlè). Si w itilize 3 kawoutchou, w ta dwe itilize 4 vis pa planch (2 vis nan kawoutchou ki nan mitan epi 1 nan chak ki ni anba, ni anlè). Sa se pou asire ke kawoutchou a pap ka vire epi fè planch yo vin kwochi.

Si w pral itilize yon prela oubyen sak pou mete andan (se sa nou te fè), w dwe tache li nan fòm yon bokit andan kawoutchou yo. Pase li ant planch avèk kawoutchou yo, epi vise yo ansanm.

Pou di sa nan yon lot fason, vis anlè yo dwe premyeman pase nan kawoutchou bouchon kola prela/sak planch.

RICE SACK OR COFFEE BAG PLANTER

You can use just about anything to foster growth. In this case we used old coffee sacks and wire coat hangers. You could substitute cocoa bags or rice bags for the coffee sacks. You want to look for a material similar to burlap – something that is porous and will allow water to seep out but still maintain the soil inside. In lieu of wire coat hangers, you





could also use wire of varying gauges, or simply set the planters on the ground.

Doubtful of finding dry cleaning wire hangers in Haiti? Fear not, it is possible to find them. If you have never read the History of Dry Cleaning in Haiti, we invite you to peruse this Time Magazine article.

First, you take apart the hanger and make a circle. Then thread it through the open top of the coffee sack, which you may have to cut down depending on how large you want to make it. Fill your planter with soil and plant your seed or sapling. Use any excess wire to hang your planter, or just set it on the ground.

SAK PO FLÈ

Ou kapab itilize prèske nenpòt ki bagay pou fè levasyon grandi. Isit la, nou te itilize vye sak kafè avèk seso fil fè. Ou ka itilize sak kakawo oswa sak diri nan plas sak kafè. Li pi bon si sak la fèt ak yon materyèl ki ka dekonpoze (tankou pay oubyen twal). Li enpòtan pou sak la kapab kenbe tè, men tou kite dlo pase (pou drenaj). Si w pa gen seso fil fè, w ka itilize nenpòt tip de fil fè. Si w pa gen fil fè ditou, w ka mete sak yo

chita a tè.

Ou pa kwe w ka jwenn seso fil fè nan Ayiti? Pa enkyete w, paske li posib. Si w poko janm li Istwa de Dry Cleaning an Ayiti, nou envite w pou gade ti jounal sa a (Time Magazine article).

Premyeman, dekole seso a epi fè yon sèrk avèk fil fè a. Le sa, w pase fil fè nan tèt sak la (men petèt w ap vle koupe sak la nan gwose w vlè). Itilize nenpòt rès fil fè pou kwoke sak po flè a!

Nou te plante grenn benzoliv nan sak po flè nou yo. Poukisa nou renmen pyebwa ki rele benzoliv anpil konsa?

Pyebwa benzoliv la, tou konnen kòm pyebwa de lavi, se konnen pou tout eleman nitritif li genyen:

7 fwa vitamin C ki nan zoranj, 4 fwa kalsyòm ki nan lèt, 3 fwa vitamin A ki nan kawòt, 2 fwa pwoteyin ki nan fig bannann. Pyebwa benzoliv grandi fasilman sòti nan grenn oubyen ti bout koupe nan klima tropikal yo. Yo grandi rapidman, menm nan tè ki pa two rich, epi w ka prepare li pou manje nan plizyè fason. Sa vin fè benzoliv yon tre bon kandida pou batay pou aba grangou epi malnitrisyon.



RECIPES
FROM HAITI





MAC AND CHEESE

modified by Mimi Schilling

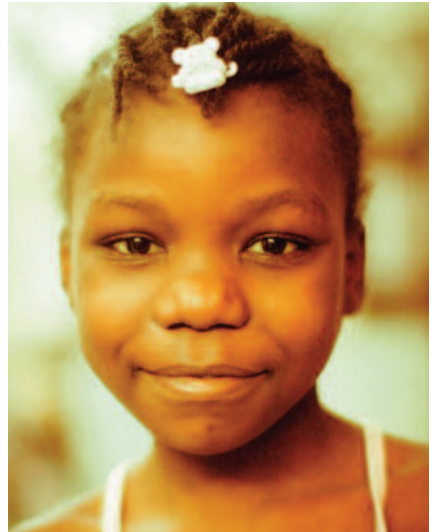
MACARONI AND CHEESE / MACAWONI AU GRATIN

Serves 6 – 8

RECIPE

- 1 Leek, sliced thinly
- 2 Cups Low Sodium Chicken Stock
- 2 Cups Whole Milk
- 2 Cups Melting Cheese (Mozzarella)
- 1 Pound Ground Beef or Pork
- 1 Package Pasta
- 6 Tablespoons Moringa Powder

Preheat the oven 350 degrees. Slice 1 large leek into thin slices. Add it to a large saucepan with 1 pound of ground beef or pork. Sauté and stir until browned then drain the grease into a measuring cup, pat dry the meat and leeks and set aside.



In a large stock pot, boil a package of your favorite pasta shapes (shells, rotini, penne, etc). Drain.

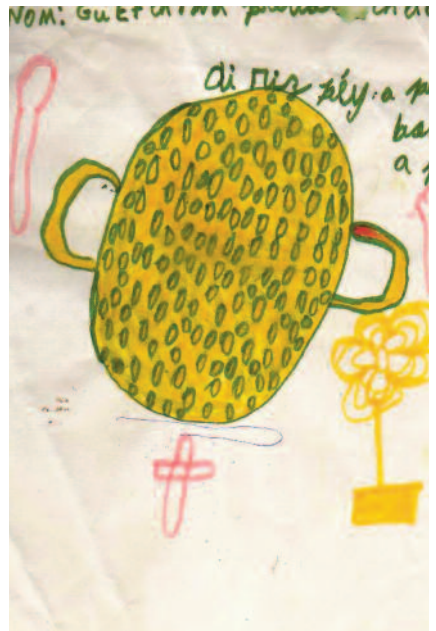
Combine 2 cups of low sodium chicken stock with 2 cups of whole milk, simmer on low and reduce liquid by half. If the liquid begins to bubble, turn the heat down. You do NOT want to boil the liquid. Once the liquid is reduced by half add 2 cups of shredded mozzarella (or your favorite melting cheese) and whisk into a creamy sauce. After the cheese has melted add the Moringa Powder and incorporate into sauce. Remove from heat.

Take a large baking dish and coat the bottom of the pan with a little of your meat grease. Combine cooked pasta, cheese sauce and meat into a large baking dish. Evenly distribute. If you wish, sprinkle a handful or two of your favorite melting cheese on top.

Bake at 350 degrees for 25-30 minutes covered and an additional 5-6 minutes uncovered to crisp the top. Remove from heat. Let stand for 10 minutes and serve.

RECIPE NOTES

In Haiti, water is a limited resource. So, you would reuse your boiled pasta water or you would simply cook the pasta in as little water as possible so there wouldn't be anything to drain. In the same vein, the drained meat grease would NEVER be discarded. You would reuse that grease in a variety of cooking projects until every last drop was consumed. Cooking in Haiti very much reminds me of pioneer cooking I read about in the Little House on the Prairie book series as a child.





POACHED EGGS WITH FRIED PLANTAINS

modified by Mimi Schilling

SCRAMBLED EGGS WITH BOILED PLANTAIN / BANNAN BOUYE A ZEY

Serves 4

RECIPE

4 ripe plantains

8 fresh eggs (the fresher the eggs, the easier they are to poach)

1-2 Tablespoons White Vinegar

Oil for frying

4 Tablespoons Moringa Powder

Slice ends off 4 raw plantains. Cut a slit down the length of the plantains leaving the skin on the fruit. Drop plantains into a large pot of boiling water for about 10 min, then drain

When cool to the touch, peel plantain skins and slice into 1/2" thick rounds. Fill a sauce pan with 1/4" of vegetable oil. When oil is bubbling hot, fry the sliced rounds for 1-2 minutes on each side. Remove from the oil. When cool to the touch take each round and gently press with the bottom of a jar or glass cup to smash the plantains into flat pancake shape.

Add the plantains back to the frying oil. Fry an additional 1 minute. Drain the excess oil and season with Moringa Powder, Salt & Pepper to taste.

Meanwhile soft poach 8 eggs. (see below for poaching instructions)

Serve two poached eggs with heaping scoops of fried plantains, season with salt, pepper and hot sauce to taste.

RECIPE NOTES

The traditional Haitian way to serve this dish is a soft scramble, simply because no one would waste water to poach an egg. I like the runny yolk effect with my twice fried plantains. If you mix the juice of 4 limes, a cup of plain yogurt or sour cream with a bit of salt and pepper and the Moringa Powder you have a nice creamy dipping sauce for your eggs and plantains.

POACHED EGGS

First bring water in a saucepan to almost boiling. If the water is already boiling, lower the heat until it is no longer boiling. At this point, you can add one or two teaspoons of vinegar to the water, if you want. The vinegar will help the egg whites to congeal more easily. We use seasoned rice vinegar.

Working with the eggs one by one, crack an egg into a small cup, then place the cup near the surface of the hot water and gently drop the egg into the water. With a spoon, nudge the egg whites closer to their yolks. This will help the egg whites hold together.

Turn off the heat. Cover. Let sit for 4 minutes, until the egg whites are cooked. Lift eggs out of pan with a slotted spoon.

If the Moringa Powder coated plantain chips are too much to handle, you can also try incorporating all the ingredients into a simple quiche. The recipe is here:

CARIBBEAN QUICHE

Boil and peel your plantains as described above. In a large sauce pot, add 2 T of extra virgin olive oil, 1 sliced leek, 1 small diced onion, 1 heaping tablespoon of crushed garlic, and two of the sliced and diced plantains. While that mixture is sautéing, whisk together ½ C of Whole Milk and 6 eggs. Sprinkle in a few pinches of salt and pepper, nutmeg and crushed red pepper (to taste).

Gently lay out a prepared pie crust in a pie pan and spoon in your sautéed veggies. Top with milk/egg combination. Sprinkle in a few handfuls of a melting cheese.

Bake at 350 degrees for 25-30 minutes or until golden brown. Serve with lime wedges and hot sauce.





SPICY FRITTERS

modified by Jenni Ward

MARINAD / FRIED DOUGH BALLS

Serves 4

RECIPE

2 c flour + more for consistency

1 tsp baking soda

1 c water

2 cloves of chopped garlic

2 green onions chopped

½ tsp salt

½ tsp cayenne powder

2 T Moringa powder

Oil for frying

Blend all of the spices, Moringa powder, garlic & onion together into a paste.

Stir in the water and then add the baking soda.

Pour the flour into a large mixing bowl. Little by little, pour the liquid mixture into the flour and mix well until sticky, yet firm.

Heat the oil in a pot and drop spoonfuls of the dough into the hot oil.

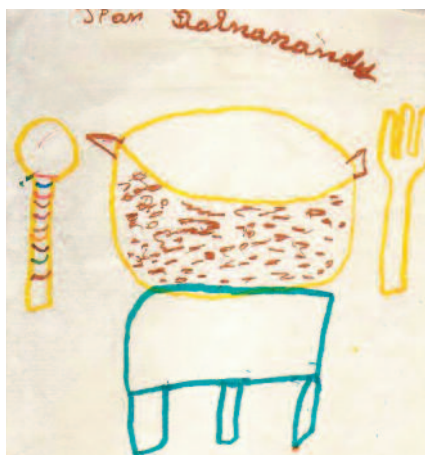
When the dough balls have fried to a golden brown, remove from the oil, drain and serve hot.

RECIPE NOTES

I had these fried treats for breakfast on the streets of Jacmel Haiti. They were made by an elderly woman over a charcoal fire with few utensils and bowls to assist in the



process; she called them “pate”. Each pate was made to order and customers patiently waited for theirs to be fried and handed to them piping hot. It seemed that there was a tiny bit of meat or at least meat grease placed on the dough patty and then the dough was folded in half and fried, similar to an empanada. This adds a little bit more savory flavor to them but they taste great without it as well.





EGG SCRAMBLE ON TOAST

modified by Jenni Ward

EGG SANDWICH / SANDWICH ZE

Serves 2

2 eggs

1 green onion chopped

½ hot dog chopped

sprinkling of chopped yellow onion & bell pepper

squeeze of lime juice

1 T of Moringa Powder

bread for toast

top with your favorite condiments or hot sauce



RECIPE

Slice up half of a hotdog and fry it up in a hot pan.

Break the egg in a dish and mix with a little lime juice and the chopped onions and peppers.

Turn the pan down to medium heat and pour the egg mixture into with the hotdog. Stir to scramble the eggs and when the eggs are firm remove from the heat

Toast your bread and spread your favorite condiments on the bread, add lettuce or other veggies as desired and top with the egg mixture.

RECIPE NOTES

Typically this recipe would have bouillon infused water mixed in with the eggs to make

them stretch and feed more people but I found that the flavor was better by seasoning with just sea salt and hot sauce instead. The Moringa Powder will give tiny green flecks to the eggs, but otherwise is unnoticed in this recipe. Haitians love mayonnaise and ketchup as condiments and they would be slathered all over this dish.





SPAGHETTI ALLA AYITI

modified by Jenni Ward

SPAGHETTI / ESPAGETI

Serves 4

½ lb spaghetti

1 hot pepper pierced with cloves

2 hot dogs

Can of smoked herring ~ 3 oz.

½ bell pepper chopped

4-6 cloves of garlic chopped

½ white onion

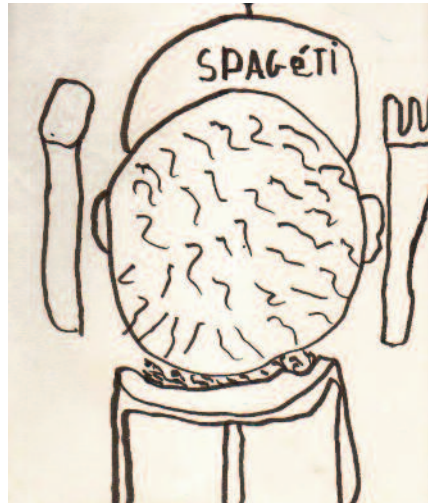
½ bouillon cube

4 T of moringa powder

pat of butter or oil

salt to taste

ketchup, cheese (usually a triangle of Laughing Cow) and hot sauce to garnish



RECIPE

In a stockpot over medium/high heat, saute the herring, garlic and veggies.

Once the garlic is soft and the onions have gone translucent, add in the hotdog and fry up the slices.

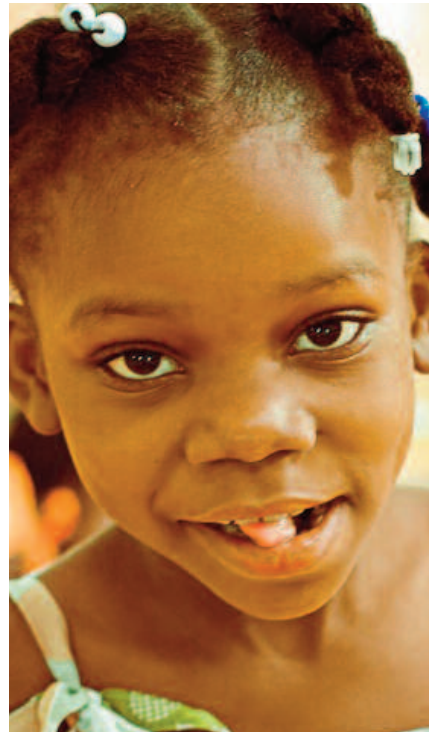
Then add just enough water to cook the pasta (about 2 cups), the hot pepper with cloves, the bouillon cube and boil.

When your water concoction has boiled add the pasta and cook until it is al dente.

Drain off any excess water, toss in the moringa powder and top each serving with ketchup, cheese and hot sauce.

RECIPE NOTES

Yes, you read that last part correctly, top each serving with ketchup, cheese and hot sauce. While the Italians are turning in their graves on the thought of this and I myself was very leery of it on my first attempt, I've come to love and sometimes even crave Haitian style spaghetti. It's the unofficial national dish in Haiti and you can get this in most restaurants there, so give a try!





CORNMEAL PORRIDGE

modified by Christine Rosakranse

CORNMEAL PORRIDGE / FARIN FRANS LABOYUL

Serves 4

1/2 cup finely ground cornmeal

2 1/2 cups water or milk

1 tsp. ground cinnamon

2 tbsp. sugar

1/2 tsp fine salt

1 T Moringa Powder

RECIPE

Pour the milk (or water) into a sauce pot and place over medium heat. Add the salt.

Add cornmeal and moringa powder slowly, stirring constantly to avoid lumps.



When the mixture begins to bubble, lower the heat to a simmer.

Cook for 10 minutes or until porridge consistency. If the mixture is too thin you can add more cornmeal. If too thick, thin out with water or milk.

Remove the pot from the heat, sweeten with sugar and extra milk to taste, stirring until fully incorporated.

Pour into bowls or onto plates, and sprinkle with cinnamon. Can be served warm or cooled.

RECIPE NOTES

Since milk can be expensive, Haitians would typically use water to make this recipe but using milk will make the porridge creamier. You can also serve it topped with jam or fruit. If you serve it cooled, an interesting “skin” forms on the top which kids love to play with and eat.





RICE & BEANS

modified by Meena Shah

RICE AND BEANS / DIRI AK PWA

Serves 2

1 Med leek sliced thin

4 cloves of chopped garlic

2 - 4 T Coconut Cream Powder

30 oz can of kidney beans

1 T tomato paste

2 C Water

2 t cayenne powder (or to taste)

3 - 4 Cloves

1 t Salt

4 T butter or Oil

1 C Rice

2T Moringa Powder

RECIPE

In a large skillet, heat oil or butter on medium.

Add garlic and cook for 5 minutes stirring occasionally.

Add chopped leek and continue to cook until the leeks get tender about another 5 minutes.

Add the canned beans, tomato paste, cayenne and 2 cups of water.

Heat up the water to a boil and add the cloves, 1 tsp salt and the rice.



Bring to a boil, then simmer for 40 minutes.

Add some coconut cream powder to a few tablespoons to the water and add that plus the moringa powder to the rice.

For a garnish, take out a little bit of water from the skillet (1-2 tbsp) and put into a cup and mixed more coconut powder.

RECIPE NOTES

Haitians would add a little pork fat and bouillon to this for flavor but this recipe was tested as vegetarian style. This would also make a really good crockpot recipe if you wanted to use dry beans since you could just throw everything in and slow cook it all day. You can also substitute a few tablespoons of salsa for the tomato paste. The dried coconut powder is much cheaper to get than coconut milk. This turned out super good.





HAITIAN SPAGHETTI

modified by Carla Lobato

SPAGHETTI / ESPAGETI

Serves 8

1/2 lb of Salami, sliced

1 Onion, chopped

3 Tbsp tomato paste

2 1/2 Tbls Moringa powder

6 cups Low Sodium Chicken Stock

1 Package Pasta

3 Tbls Sugar

2 pinches of clove powder

1/2 pound hot dogs sliced

1 cup watercress

RECIPE

Put an 8 Qt soup pot or dutch oven on the stove-top over medium/high heat, add the salami and sauté for a few minutes until fat is rendered, then add the chopped onion and cook for 5 minutes until the onion is translucent.

Add in the tomato paste and Moringa powder and stir until all the onion is covered and mixture looks uniform.

Then add in the chicken stock and the spaghetti, turn up heat and bring to a boil. Stir in the sugar and clove and be sure the pasta is covered by the liquid, then reduce heat to medium. Stir occasionally until all the liquid has been absorbed by pasta.

In a separate frying pan, brown the hot dogs

Combine 3/4 of the hot dogs and 3/4 of the watercress with the spaghetti mixture and use the remaining for garnish on top.

HAITIAN MEATBALLS

modified by Carla Lobato

MEATBALLS / BOULETTE

Serves 4

1 lb ground beef

3 slices of white bread, diced

1 med onion, grated, include juice

1 green bell pepper, grated, include juice

1 Tbsp. water

1 Tbsp tomato paste

1 ½ Tbsp. Moringa powder

3 Tbsp. parsley finely chopped

1 tsp clove

1 tsp seasoning salt

1 egg, beaten

2 dashes of habanero sauce (Optional)

RECIPE

Preset oven to 350 Degrees.

In a large bowl add the beef and create a well in the center and add the next four ingredients to the well and toss so the bread soaks up the liquids.

Add the remainder of the ingredients and mix together until it appears uniform.

Scoop 1 Tbsp. of mixture into your hand and roll into a ball; place on a foil lined baking sheet.

Bake for 25 – 30 minutes, until the inside is no longer pink.



RECIPE NOTES


These meatballs can be cooled and frozen for future use. Just reheat frozen meatballs in a 350 degree oven for 20 min

HAITIAN RECIPES

by the children of Port-Au-Prince and Citi Soliel

men nèt espanyòl
 ou a fè tout bagay tankou
 spageti, biil, magi bi, magi pat, pat komat
 bi, kousyon, chakon, pimoun, pilans, zè, salami
 ou bledy: a prè li men dife wou:
 ou mete mèl che d'ye w'èp, ou mete biil ou
 fri, ou pote man magi bi, pat, ou fri d'òg la
 aye k'ou y'òl w'èp biil fri ya ou mete dlo ou bouy
 biil fri ou bouy mèl spageti a prè ou bledy.
 ou mete ou mèl li sou spageti ou kousyon
 biil fri mèl kousyon ou papayèti a fri mèl
 ou fri kournyè a gèn ou mèl ki ka bi spag
 èti, kournyè ou mèl.

Jean
 Sayantia

Misèman woumen
 diri ok  PWA NWA
 mete pwa ou dife pwa fim kuit eting
 dlo pwa a li man di fim mete medye ou
 m mete biil mwen ofi m mete pwa m mete
 dlo pwa bouy m mete dlo m lèk diri
 mèl mete biil m mete dirim m titel bouy
 mèl fim bouy m mete m toufel li kuit
 m dresel m fini m mansel.



Moïse Daphné
 mwen renmen manje espayetiax
 rol dog ak diri pwa nwa ak
 epis
 le wop fe manje ou lave
 chodye a epi ou mete pwa sou
 difea le li kwit ou metel ate
 ou fini pwa e pi ou mete dlo epi
 e pi ou mete diri nan you vesò, pou lave
 diri a epi ou mete nan chodye a epi ou gade
 sil genyen sel e pi sil genyen epi le li kwit
 ou metel ate ou mete vespò bote ou ou
 se pòre manje e epi moun di li gen ampil
 epi si ou genyen kòb ou le li gen ampil
 nan pòre tout moun yo di m'ap
 ampil ampil epi moun di m'ap
 kenbe la



OLCINA-DALMACY diri kore ak pwa

le wop fe manje a ou met pwa sou difea inakdik
 a fin sèch ou met li dlo ankò epi ou lave ch
 edye w, ou metel ino sou difea a epi le li fin
 ino ou vide lalil la dan n ou met pwa fini
 li fin fini ou met dlo nan pwa fini
 a epi ou kouvil se dlo a op bouyi ou lave
 diri a byen lave nan 4 dlo epi ou metel re
 n inedyè a epi ou bwatela men ris ou fi
 n met dlo a ou dale met sèch la dan n
 epi ou met ino se sou diri a le li fin sèch
 epi le li fin kwit ou metel ate ou pwam ve
 ou ou met manje a ou manje.

“IF YOU WANT TO KNOW WHAT THE REASON IS?
IT’S BECAUSE YOUR KISS IS ON MY LIST.
I CAN’T RESIST.” – HALL & OATES

Never have I experienced such a warm, kind, gentle and loving culture as that in Haiti. From my first visit until now, I have been welcomed and hugged and kissed a million times over from strangers who have become my family. It is my hope to give back to my new family. Especially as I continue to learn about the difficult, hard-hearted history of Haiti. It makes those kisses seem so much more special and vibrant.



This gardening guide and cookbook is the first in a series of art + science programming for Project HOPE Art. We hope to continue collecting kisses and churning out childrens artwork and expressions of creativity with a firm scientific background and foundation.

Start small.

Prepare a few of the recipes in this book that we have hand translated for you. Turn on a little Compas music. Let the Haitian Kreyol adventure wash over you. Soon, I predict, you will be ready to take the next step and get a little more involved in this vibrant country just a few hundred miles south of the United States.

Warmly,

Melissa Schilling

Project HOPE Art co-founder and the lead on science + art projects

**"SI W VLE KONN SA K REZON AN?...
SE PASKE BO PA W SOU LIS MWEN.
M PA KA REZISTE." - HALL & OATES**

M poko janm fè eksperyans yon kilti ki bèl, janti, dou ak anpil lanmou tankou m jwenn nan Ayiti. Depi premye vizit mwen jiskaske prezan, mwen toujou resevwa nan peyi sa avèk yon milyon akolad ak bizou nan men moun etranje ki kounyea vin kòm fanmi mwen. Se espwa pa m pou remèt tout kado sa yo a nouvo fanmi m. Espesyalman lè m fin aprann de tout difikilte ak dezespwa nan istwa Ayiti a. Se sa ki fè tout bizou say o menm pi espesyal e briyan.



Gid jadinaj ak liv kizinyè sa se premye pati nan yon seri de pwogramasyon la + syans avèk Project HOPE ART. Nou espere pou kontinye kolekte bizou epi pwodwi anpil atizay ak timoun yo epi plizyè lòt ekspresyon de kreyativite ki baze nan syans.

Komanse piti.

Prepare kèk resèt nan liv sa nou fin tradwi pou w. Pase yon ti mizik Konpa. Kite avanti Kreyòl Ayisyen anvaye w. Byento, mwen kwe, w pral prèt pou pran pwochenn etap epi vin pi enplike nan peyi briyan sa ki sitye pa twò lwen de Etazini.

Avèk lanmou,

Melissa Schilling

Project HOPE Art co-founder and the lead on science + art projects

THANK YOU: A POLITE EXPRESSION USED WHEN ACKNOWLEDGING A GIFT, SERVICE, OR COMPLIMENT.

A GIANT THANK YOU to Aimee Gaines who painstakingly, by hand, translated nearly everything in this book from English into Creole..

Aimee is a former Peace Corps volunteer in Haiti (2001-2003), who returned to Haiti to reconnect and help out with the continuing earthquake relief efforts. She works as an assistant permaculture instructor and is actively involved in a movement to transform Cite Soleil from one of the poorest & most dangerous slums in the western hemisphere to the cleanest, greenest place in urban Haiti..



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OUR COMPOST CHAPTER was proved by Corinne M. Coe. Corinne has lived and worked in Port-au-Prince since January 2011. She worked for SOIL (www.oursoil.org) as Director of Communication & Administration, later with GiveLove (www.givelove.org) as Interim Country Director. She has taught gardening and composting to children and adults for many years.

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