

DEVOTIONAL

A Feast Fit for a King

World Hunger Campaign 2011

by Sonya VanderVeen Feddema



CRWRC

Day 1

A Feast Fit For a King

I confer on you a kingdom, just as my Father conferred one on me, so that you may eat and drink at my table in my kingdom (Luke 22:29-30a).

It's a long way in time and space from Jesus' Last Supper in Jerusalem to the Christian Reformed World Relief Committee's (CRWRC) current activities to help men, women, and children around the world improve their lives. Yet, the Last Supper and CRWRC's work are intimately connected.

At the Last Supper, Jesus told his disciples that he was giving them a kingdom, just as his Father had given it to him. Through this gift, the disciples would be able to eat and drink at Jesus' table in God's kingdom. In other words, King Jesus initiated the kingdom feast and invited his disciples to a celebration of eating and drinking in his presence. Sharing in the feast of abundant provision is a sign of fellowship with Christ and participation in his life and ministry. It is a gift to those who love what he loves.

Jesus' words remind us of what Isaiah said in the Old Testament: "On this mountain the LORD Almighty will prepare a feast of rich food for all peoples, a banquet of aged wine — the best of meats and the finest of wines. On this mountain he will destroy the shroud that enfolds all peoples, the sheet that covers all nations; he will swallow up death forever" (Isa. 25:6-8a).

Just as Jesus gave his kingdom to his disciples, he also gives it to us. Like them, we who are disciples in the kingdom community seek to invite "all peoples" to share in the abundant feast that Christ's kingdom offers. That's why CRWRC is

working in numerous places to help people grow more food, improve their farms, earn more money, and share more fully in the abundant life that God intends for all his children.

We invite you to read the devotionals in this booklet for the next three weeks to discover what Jesus' kingdom feast looks like and what it demands of us, his servants. The devotions include daily action ideas, activities, and giving suggestions.

PRAYER

King Jesus, we honor and adore you. Thank you for giving us the gift of your kingdom and for inviting us to your feast. Help us to understand what that means for our lives. Amen.

ACTION

At each meal, set an extra empty plate, cutlery, and glass to remind you that Jesus died so that everyone can be fully satisfied. Count the plates in your cupboards and put 5 cents in Peter Fish for each one.

A Recipe to Try This Week

Submitted by Moises Colop, CRWRC-Guatemala

Rice & Beans

Ingredients

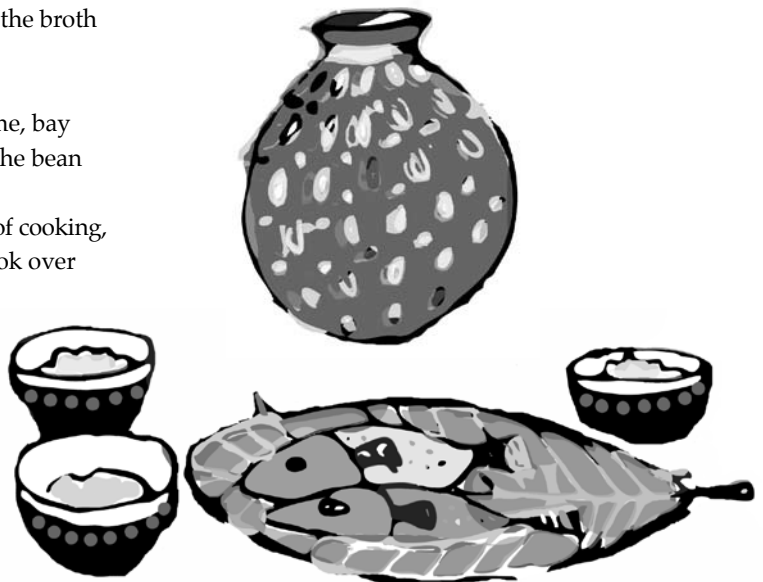
- 1 pound rice
- ½ pound red beans
- 4 ounces coconut milk
- 1 large onion, chopped
- 2 sprigs thyme
- 4 bay leaves
- 1 red pepper, julienned
- ¼ cup coconut or sunflower oil
- 1 tablespoon chicken broth
- salt to taste

Directions

1. Place dried beans in a large bowl and cover them with cold water by a couple of inches. Let soak for 8 hours or overnight. (You can quick soak them by putting them in a bowl and pouring boiling water over them, covering them by 2 inches, and then letting them soak for two hours.) Drain.
2. Place beans with a little water and no salt in a large pot and bring to a boil. Reduce to a simmer and cover, simmer for 1½ hours or until beans are tender (you will use the broth to cook the rice).
3. Wash and drain rice.
4. Fry the rice with the oil, onion, thyme, bay leaf, red chili pepper, and salt; add the bean broth to cook the rice.
5. When the rice is almost at the point of cooking, add the coconut milk, cover, and cook over low heat to prevent sticking.
6. Add the drained beans to the rice and serve hot.

Tips

The rice and beans can be served with fried or grilled meats such as chicken, pork, shrimp, or fish. Can be served garnished with fried plantains, ripe or green



Day 2

Poverty Is Not in the Pocket – It's in the Mind

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is — his good, pleasing and perfect will (Rom. 12:2).

Grace Swira, a woman from Chipoka, Malawi, knows that transforming minds is essential to defeating poverty. Through CRWRC, she works with women in her community to help them save money and make micro-loans to each other so that they can start or grow their businesses. She's seen that this program has empowered women, strengthened family relationships, and transformed their villages.

"Can you imagine over 50,000 Malawian Kwacha [about \$338 USD] being saved in these villages?" asks Grace. "These women tapped into the secret that 'poverty is not in the pocket; it's in the mind!' Their minds are opening up to a brand new world of the possibilities that are within their reach through their own savings! Glory to God!"

Often, we let the world tell us what we should think about riches and poverty, and then we too can suffer a kind of "poverty of mind." Sometimes we think that because we have material wealth, we are better than those who have less, that we are more deserving, or that we have more rights. Sometimes we think that we are entitled to spend as much as we want on whatever we want, because the money is "ours."

Our minds need to be transformed so that we understand that God's goodness and blessings aren't just for us. God wants us to also share these blessings with others. Only the Holy Spirit can transform our thinking so that we under-

stand the feast Jesus had in mind. His feast welcomes rich and poor, weak and strong. His banquet is about generosity, fellowship and love. Thanks be to the Holy Spirit for enlightening our impoverished minds.

PRAYER

God, we thank you for the grace of our Lord Jesus Christ that though he was rich, yet for our sakes he became poor, so that we, through his poverty, might become rich (2 Cor. 8:9). Amen.

ACTION

To remind yourself that "poverty isn't in the pocket," count the pockets on the clothes you're wearing today and put 25 cents in Peter Fish for each one.

Day 3

Not Just One Elephant

There should be no poor among you, for in the land the LORD your God is giving you to possess as your inheritance, he will richly bless you, if only you fully obey the LORD your God and are careful to follow all these commands I am giving you today (Deut. 15:4-5).

Pretty Mary is part of CRWRC's Patharkmah Food Security Project in Jirang, India, and has received training on growing kitchen gardens. These gardens provide Mary with an additional source of food and income when her work in the rice fields is not enough.

Like most others in her village, Mary works each day in the rice paddy fields. When harvest time arrives, she and her neighbors become around-the-clock guards, protecting their crop from wild animals such as boars, monkeys, and elephants. This task isn't optional. Mary says, "If we make a mistake for only one day, it's all finished."

That's because when an elephant approaches her field, it isn't usually just one elephant but a whole herd that can trample the crops and threaten her livelihood. The "elephants" in Mary's world are large and looming.

While Pretty Mary overcomes hunger by fighting off literal elephants, there are also other "elephants" to be overcome: "Elephants" like corruption, greed, unjust trade policies, and international debt. In fact, much of the poverty and hunger in our world is the result of broken economic systems that keep people in poverty. We can help Mary fight those "elephants" by becoming informed, speaking to our policy makers and political leaders, and remembering that God calls us to pursue restored relationships. That's what the Bible calls justice.

That may seem complicated, but we need to remember that Jesus said: "Take heart! I have overcome the world" (John 16:33).

Will you join CRWRC in helping Mary and numerous other people around the world battle "elephants" so that God's desire to supply all our needs will be fulfilled?

PRAYER

Dear God, make your vision our vision.

Challenge us to fight the "elephants" that keep people poor. Thank you that you raise the poor from the dust and lift the needy from the ash heap (Ps. 113:7).

ACTION

Pour rice into a teaspoon and count the kernels.

Put 10 cents in Peter Fish for each kernel.

Day 4

A Feast of Fish

Early in the morning, Jesus stood on the shore, but the disciples did not realize it was Jesus.

He called out to them, "Friends haven't you any fish?" "No," they answered.

He said, "Throw your net on the right side of the boat and you will find some" (John 21:4-6a).

One hundred fifty-three fish. That's how many fish filled the disciples' net on the early morning fishing trip on the Sea of Tiberias when Jesus, unbeknownst to them, stood on the shore and asked about their success. The fact that they had no catch yet was not an obstacle for him. When they obeyed his instructions to throw their net on the right side of the boat, he gave them more fish than they could haul into their boat.

Jesus' compassion and transforming power were evident at the seashore feast of fish and bread that followed. They are still evident today in places like Cambodia where CRWRC and its partners are transforming the lives of people like Vutha and Sokhun.

Rachel Brink, CRWRC consultant in Cambodia, relates how eleven years ago, Vutha was given the opportunity to learn about fish breeding. She writes, "Vutha and Sokhun have worked hard on their fish breeding project together, and they now have several fish ponds behind their house. The couple will raise 5,000 fingerlings for three or four months, and then they should be able to sell them for about US \$2,000."

Jesus feeds people in myriad ways — by filling the disciples' nets with fish, by leading CRWRC to help Vutha and Sokhun establish fish breeding ponds, by inspiring children and families to fill their Peter Fish banks, and by encouraging advocacy on behalf of others. Just as the disciples

finally recognized that it was the Lord who had filled their nets, we also recognize that he is the originator of the kingdom feast and that his lavish table holds plenty for all.

PRAYER

Jesus, Lord of a breakfast feast, supplier of net-sagging loads of fish, we praise you for your unlimited grace and transforming power. May all our feasts reflect your generosity, compassion, and hospitality. Amen.

ACTION

Put 2 cents in Peter Fish for every fish the disciples caught on the Sea of Tiberias.

Day 5

Sing a New Song to the Lord!

He put a new song in my mouth, a hymn of praise to our God (Ps. 40:3a).

In today's text we are reminded that when we trust in the Lord during difficult times, he will put a new song in our mouths. That's exactly what has happened in Mavua, a remote community in Mozambique.

There are many reasons that some people don't have enough to eat. Not enough rainfall, poor soil quality, limited types of crops, and soil erosion have all had an impact in Mavua. In order to assist this community, CRWRC's partner, the Reformed Church of Mozambique, designed a program that is supported by the Canadian Foodgrains Bank.

Through the program, the Reformed Church of Mozambique is helping 800 families learn new techniques to improve their soil quality and better manage water during the rainy season so that they can irrigate their fields when the rains have stopped.

When he visited Mavua, CRWRC's Istifanus Gimba saw that many families were now putting those new techniques into practice. They were trying new crops, using mulch, and minimizing their tillage. One farmer told Gimba that the community used to purchase crops like cassava, millet, and sorghum. Today, the farmers are growing these grains and vegetables themselves.

It was the female farmers who especially impressed Gimba. They expressed their gratitude to God and to CRWRC partner, the Reformed Church of Mozambique, by singing songs of joy and hope as they escorted them to the car.

Will you help CRWRC to be a channel of God's grace so that those who struggle in the face of poverty will celebrate God's bounteous feast and sing a new song for his glory? Will you join others in singing a new song about the joy of giving?

PRAYER

How awesome you are, Lord Most High, great King over all the earth (Ps. 47:2)! We sing praises to you, composer of every new song. Help us to faithfully give so that others can sing a new song to you as well. Amen.

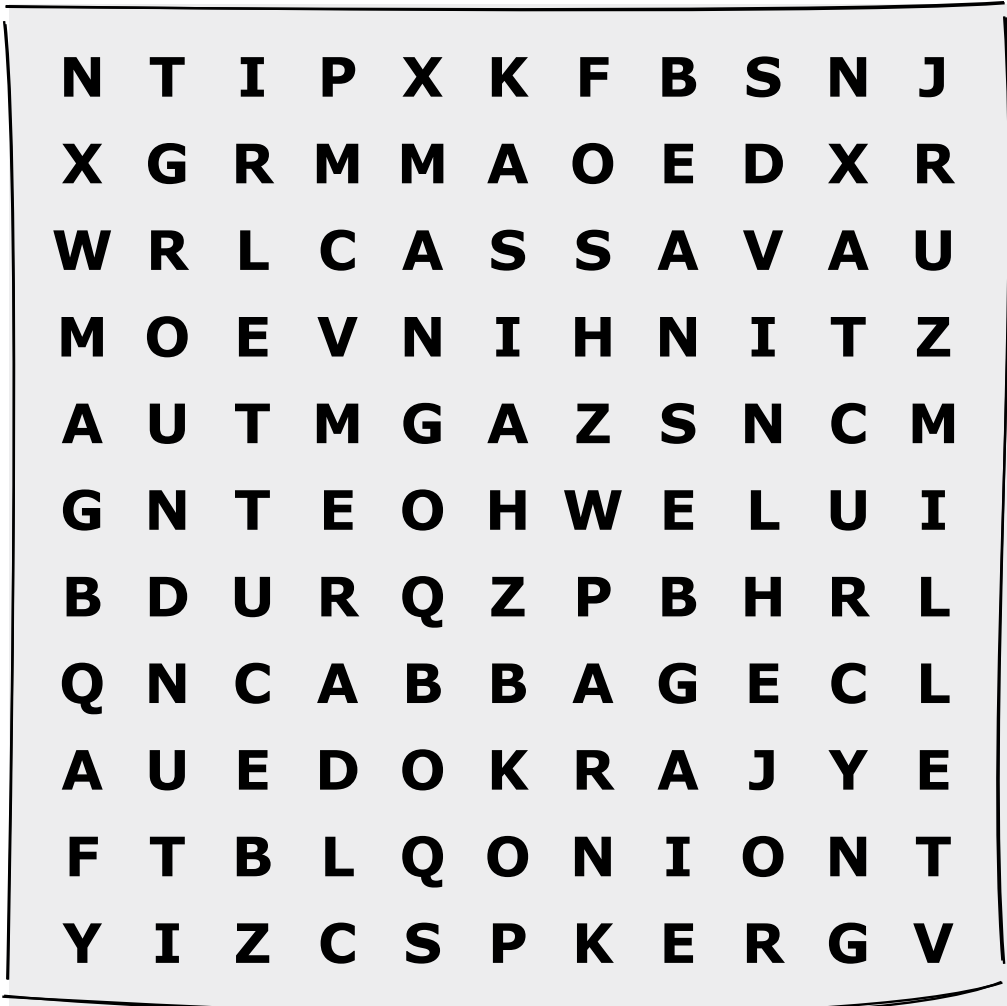
ACTION

After completing the Word Search on the next page, put 10 cents into Peter Fish for every vegetable you found.

Word Search Activity

Farmers grow many kinds of food like those listed here. Find the following words in the puzzle:

- | | | |
|----------------|------------------|----------------|
| CASSAVA | GROUNDNUT | CABBAGE |
| MILLET | ONION | LETTUCE |
| SORGHUM | OKRA | MANGO |
| MAIZE | BEANS | |



Weekend Activity

A Hunger Book Discussion

This past week you've read stories about people with whom CRWRC is involved. This weekend, why not set aside time to learn more? The reading list below, for children and adults, can get you started. Take a trip to the library, get your librarian involved, and search for additional resources. Parents, invite some of your children's friends to join you. Once you've found the books, read the books together while sharing a snack. Then go online to www.crwrc.org/worldhunger to find some discussion questions about each book.

BOOKS FOR CHILDREN

- *The Good Garden: How One Family Went From Hunger to Having Enough* by Katie Smith Milway, illustrated by Sylvie Daigneault (Kids Can Press, 2010).
- *One Hen: How One Small Loan Made a Big Difference* by Katie Smith Milway, illustrated by Eugenie Fernandes (Kids Can Press, 2008).
- *The Garden of Happiness* by Erika Tamar, illustrated by Barbara Lambase (Harcourt Brace & Company, 1996).
- *Up We Grow! A Year in the Life of a Small, Local Farm* by Deborah Hodge, photographed by Brian Harris (Kids Can Press, 2010).
- *The Seed Vault* by Bonnie Jeuttner (Northwood House Press, 2010).
- *Feeding the People* by Jen Green (Chrysalis Education, 2004).
- *Farmers' Market* by Paul Brett Johnson (Orchard Books, 1997).
- *Enough* by Marsha Forchuk Skrypuch, illustrated by Michael Martchenko (Fitzhenry & Whiteside, 2000).

COOKBOOKS

- *The Kids' Multicultural Cookbook: Food and Fun Around the World* by Deanna F. Cook, illustrated by Michael P. Kline (Williamson Publishing Company, 1995). In the introduction to her cookbook, Deanna Cook says, "Cooking is a fun way to learn about cultures around the world. Look closely at the ingredients in the recipes and you'll discover what foods are available in different countries. Follow the recipe directions and you'll learn how people around the world prepare their food. Serve yourself an international meal and you'll see that every country has different table manners" (p. 5). The cookbook includes recipes from Asia, Europe, Africa, the Middle East, the Americas, and the South Pacific.
- *The Multicultural Cookbook for Students* by Carole Lisa Albyn and Lois Sinaiko Webb (Oryx Press, 1993). In the introduction to their cookbook, the authors say, "The food that is grown and produced throughout the world, and the many varieties of dishes into which it is fashioned, can be overwhelming to think about. The reason that we decided to think about it, and to collect our thoughts in this book, is to answer the questions of the student who is studying a country, and who is approaching that study through the production and preparation of its food — a wonderful way to learn about people and their cultures. Actually, *The Multicultural Cookbook for Students* should be useful and enlightening for anyone interested in authentic recipes from around the world" (p. ix). The cookbook includes 337 recipes from 122 countries.

- *Extending the Table: A World Community Cookbook* by Joetta Handrich Schlabach (Herald Press, 1991). Most cookbooks aren't storybooks. However, *Extending the Table* is. Besides recipes, it contains short introductory essays to each chapter on topics such as "The Hospitality of Poverty," "Caring for the Earth, Caring for One Another," "Nourished by Diversity," and more. The author's intention in writing the book "is to take us to the tables of people for whom food is the staff of life. This collection of recipes and stories invites us to sit with people we have never met, taste the flavors of their food, feel the warmth of their friendship, and learn from their experiences" (p. 20).

BOOKS FOR ADULTS

- *Generous Justice: How God's Grace Makes Us Just* by Timothy Keller (Dutton, 2010). Chapter 2 ("Justice and the Old Testament") and Chapter 4 ("Justice and Your Neighbor") are particularly relevant.
- *Stations of the Banquet: Faith Foundations for Food Justice* (Liturgical Press, 2003).

A Recipe to Try This Week

Submitted by Sarah Zwier, CRWRC-Laos

Stir Fried Greens – Asia

The Lao people eat a lot of cooked leafy greens and often stir-fry them. While this recipe is not exactly Lao, it is similar and might help you appreciate a common staple in the Asian diet.

Ingredients

- 1 tablespoon Oil
- 2 cloves garlic, minced
- 1 inch ginger, minced
- 4 cups (160 grams) bok choy (mustard greens or spinach work too), chopped
- 1½ tablespoon soy sauce
- 1 tablespoon oyster sauce
- ½ tablespoon sesame oil

Directions

1. Cook the garlic and ginger paste over low heat.
2. Add the wet bok choy and turn up the heat to medium.
3. Add the soy and oyster sauce. Stir-fry until the bok choy is soft (just a few minutes).
4. Add the sesame oil and turn off the heat.
5. Serve with rice.



Day 6

New and Surprising Feasts

The people of Israel called the bread manna. It was white like coriander seed and tasted like wafers made with honey (Ex. 16:31).

In various times and places, God provides new and surprising feasts for his children. Majestic, merciful, and compassionate, he stoops down to care for his creatures. The Israelites experienced this on their way to the Promised Land when God gave them manna, bread from heaven. In Tazwera, a village in Zambia, Lestina Banda also received a feast from the Lord in an unexpected way.

After Lestina's husband died in 2002, her already difficult life became harder. As the sole provider, she could barely pay to feed and educate her six children. For five years after her husband's death, her maize harvest failed to support her family, and she and her older children had to find employment on other farms to earn money for food.

Lestina knew that her livelihood depended on successful farming. So in 2007, she joined the Farmer to Farmer group, an agricultural program run by the Reformed Church in Zambia Diaconia Department and supported by CRWRC. CRWRC's Patsy Orkar Sagara says, "Lestina's community group chose the name *Kaziputalimba*, meaning 'when you start something, you need to persevere until you achieve your goal.'"

Lestina did persevere! The training classes she took in improved agricultural practices resulted in healthy crops of maize, groundnuts, sunflowers, and cassava. "Hunger is a thing of the past," she says.

CRWRC training through the Reformed Church of Zambia has built up Lestina's confidence. Orkar Sagara says, "Lestina thanks God for the support you provide. It has transformed her life."

God's original and marvelous feasts don't conform to our notions of what feasts should look like, or when and where they should take place. The Israelites received manna — a beautiful sign that they had left the hardships of Egypt — and were in the company of a provident God who would supply daily bread. Lestina received training and support to become a better farmer and to produce more food — and liberation from hardship.

God is still providing for his people in innovative and wonderful ways. And as we join God's movement, he will surprise us as well as the ones we seek to help.

PRAYER

Who is like you, Lord our God, who sits enthroned on high, who stoops down to look on the heavens and the earth (Ps. 113:5-6)? Thank you for creating new and surprising feasts. Give us the vision to recognize them. Amen.

ACTION

Read 1 Kings 17:1-16 to discover other surprising feasts that God provided for his children. Put 50 cents in Peter Fish for each type of food that is mentioned. Share stories of how God has provided feasts for you in ordinary and extraordinary ways.

Day 7

And God Saw That It Was Good

Then God said, "Let the land produce vegetation: seed-bearing plants and trees on the land that bear fruit with seed in it, according to their various kinds." And it was so. The land produced vegetation: plants bearing seed according to their kinds and trees bearing fruit with seed in it according to their kinds. And God saw that it was good (Gen. 1:11-12).

God created the first garden as a place of feasting, fellowship, and fullness. Marred by sin, every garden since then has borne the curse of thorns and thistles, toil and sweat. But thorns, thistles, toil, and sweat don't have the last word. Something as simple as gardening can help us remember God's goodness and the abundance of his kingdom feast.

Consider the community garden created by Park Christian Reformed Church in Holland, Michigan. The church had been trying to find ways to reach out to their neighboring community, and a garden seemed like a great choice.

A church member donated an acre of land, and a planning group made up of neighbors and church members began to meet to contribute their ideas, talents, and assets to the garden's success. Combined with others from the neighborhood, this group tilled the garden, dug a well, staked plots, made signs, built a storage cabinet for tools, and built a compost box. In addition, some members started a blog to track the garden's progress, and a community member donated a picnic table so that people could fellowship while at the site.

That summer, 50 plots at the Teusink Community Garden were rented by different families and an area of corn was planted for everyone to enjoy. Neighbors chatted as they worked together on their gardens, and shared their peas, beans, zucchini, and other vegetables.

"The garden is a place to connect to creation and to renewal and growth," said Crystle Numan, a member of First CRC in Hamilton, Ontario, and a founding member of a similar community gardening project in her neighborhood. "In a community garden, we see the same in people around us — created by God, in need of renewal and growth."

Is there a plot of land in your city that could become a community garden? Is God leading you to embrace a vision for a local response to hunger and food security?

PRAYER

Dear Lord, you promised us that when we obey you, we "will be like a well-watered garden" (Isa. 58:11b). Give us new insights into how we can faithfully alleviate hunger in our cities. Amen.

ACTION

Visit the Teusink Neighborhood Garden (teusinkneighborhoodgarden.wordpress.com) or Hill Street Community Garden (www.hillstreetgarden.org) website to learn more about what is involved in community gardening. Brainstorm ideas of how you can contribute to a local response to hunger. Put 10 cents into Peter Fish for each type of vegetable and fruit you can think of that begins with one of the following letters: A, B, C, E, G, L, M, O, and P.

Day 8

Pure and Faultless Religion

*Religion that God our Father accepts as pure and faultless is this:
to look after orphans and widows in their distress (James 1:27a).*

Esther Lubani lives in Paulo village, Malawi. She and her community embody the type of religion that James describes in today's text. As the community development facilitator, Esther helped the village start an orphan nursery school in 2008. For two hours a day, five days a week, 52 children are taught Christian songs, the alphabet, days of the week and months of the year, and more.

Fifty-two children add up to fifty-two hungry stomachs. Some of their food was provided through the United States Agency for International Development (USAID). But the community did not depend solely on foreign assistance. Instead, community members farmed a field of cotton for the orphans and used the money from the harvest to provide them with a nutritious diet.

Though the meals the orphans received might have been simple, they were fit for the King — not just because the food was given in Jesus' name, but because Jesus identifies with those little ones. Remember Jesus' parable: "The King will reply, 'I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me'" (Matt. 25:40).

By creatively thinking of ways to support and feed orphans, this community has emulated their Father in heaven, who is "a father to the fatherless" (Ps. 68:5a). God desires "mercy, not sacrifice, and acknowledgement of God rather than burnt offerings" (Hos. 6:6).

When we ask the Lord to fill our hearts with mercy, we can be sure that he will change us.

Perhaps we'll be convicted to ask God to show us places in our lives where we are wasteful and can be better stewards of what we've been given. Perhaps we'll be led to give up certain foods for a day or week and donate the savings to CRWRC's World Hunger Campaign. Or maybe we'll be inspired to donate food to our local food bank so that our hungry neighbors will be fed. Maybe we will be provoked by stories like this to ask why there are so many orphans and what can be done to keep families together? How can we improve the health of mothers so they can care for their own children? Orphans are a powerful witness to the pain of the most broken relationships, and they cause us to cry out for justice and healing.

We can be sure of one thing: when we hunger and thirst for justice, we will be filled.

PRAYER

God, capture our hearts with the vision you gave to your prophet Amos: "Let justice roll on like a river, righteousness like a never-failing stream" (Amos 5:24). Sweep us up into that river so that we long to see all people fed and your name glorified. Amen.

ACTION

Think of something that you can give up this week — maybe lattes, fast food, or soda — and donate the money you save to your Peter Fish bank.

Day 9

Land of Milk and Honey

Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go (Josh. 1:9).

Taking first steps in a new direction can be intimidating. Joshua and the Israelites were invited by God to go into a land of milk and honey, but they were afraid. God confronted Joshua's fears and commanded him not to be afraid. When Joshua and the Israelites trusted God and followed his way, they reaped the rewards.

In Kamanzi, Malawi, farmers are on a journey similar to that of Joshua and the Israelites. They have been encouraged to participate in CRWRC's Farming God's Way program, but the first steps in this new direction are daunting. To go forward, they need to abandon their familiar farming techniques and trust in something new.

"Farming God's Way involves flattening the traditional ridges that Malawian farmers have prepared every year, laying mulch on the ground, and digging planting stations that are reused every year," explains Nancy Hinga, CRWRC's Program Consultant in Malawi. "This amazingly simple technique has a number of benefits: it reduces the workload because the farmers don't have to dig the ridges, and the mulch slows down the growth of weeds while enriching the soil as it decomposes. The mulch also helps the crops retain water."

Though many farmers were hesitant at first, they have not been disappointed with the results. Yields in 2010 showed a remarkable improvement over previous harvests and have led to an appreciation for the new technique, which the people call "ulimi wa blanketi" — blanket farming, since the farmers envision the mulch they use as a blanket covering the ground.

Joshua and the Israelites entered the land of milk and honey. Proponents of the "blanket farming" revolution are seeing their land transformed from barrenness into fruitfulness. Traveling in God's way and Farming God's Way are strikingly similar activities.

PRAYER

Creator God, source of all innovation, originality, and fruitful ideas, help all people to be attentive to farming in a way that pleases you and that cares for your earth. Thank you that we don't have to fear new methods when they are in keeping with your will. Amen.

ACTION

Talk about a time that God led you to take a first step in a new direction. Share what you learned from the experience. Pray about first steps to alleviate hunger that God might want you to take. Put 25 cents in Peter Fish for each time God told Joshua not to be discouraged or afraid but to be strong and courageous. (See Josh. 1:6-9.)

Day 10

Beating Swords into Plowshares

They will beat their swords into plowshares and their spears into pruning hooks (Isa. 2:4b).

Ibrahim Etagu, from eastern Uganda, was once a soldier in the local militia that was formed to fight rebels. But he doesn't have a stomach for fighting anymore. Instead, because of CRWRC's work along with its partner KIDO (the Katakwi Integrated Development Organization), Ibrahim is motivated to become the best farmer that he can be and to be an example to other farmers.

What have Ibrahim and others received from CRWRC and KIDO? Farmers received a loan of improved seed. At harvest time, they paid back a portion of their crop, and that was then passed on to someone else. Also, through a revolving goat loan project, farmers received five goats as a group, which profited them financially and gave them the means to buy a bull, valued for its contribution to farm labor, and a cow, valued for its milk.

Ibrahim says, "KIDO gave my group groundnuts. We had a good yield. Through this we purchased two bulls and some beans. We planted the beans and harvested two bags of beans, which we again sold and then bought a cow for our group."

Ibrahim chose farming over fighting because CRWRC and KIDO gave him the support he needed to begin a new life. Imagine all the other people who might choose a different path if given the opportunity to learn, to work productively, and to contribute to the well-being of their families and communities. Your ongoing sup-

port allows CRWRC to give people "hope and a future" (Jer. 29:11b) and to invite them to share in the abundant feast of God's peaceful kingdom.

PRAYER

Dear God, your servant Isaiah prophesied that one day "nation will not take up sword against nation, nor will they train for war anymore" (Isa. 2:4b). End wars, which cause hunger, destruction of farmland, and death. Let all nations "walk in the light of the LORD" (Isa. 2:5b). Amen.

ACTION

Count the gardening and farming tools you own.
Put 25 cents in Peter Fish for each one.

Weekend Activity

Using Food for God's Kingdom

Food is a gift from God. Its nutrients fuel our bodies. Its variety, beauty, colors, and textures nurture not only our bodies but also our minds and spirits. In the past two weeks, we've reflected on what Jesus' kingdom feast looks like and what it demands of us, his servants. This weekend, why not celebrate God's good gift of food? The suggestions below will get you started and help you to gain a deeper appreciation for food, how it's grown, the people who produce it, and different cultural experiences of food. Whatever you choose to do, may you "taste and see that the LORD is good" (Ps. 34:8a).

- **Visit a Farm** — Most people buy their groceries at a store. As a result, they're disconnected from the source of their food. Is there a farmer in your community who would welcome a visit from you and your children? If so, be sure to prepare some questions for the farmer before you go so that you'll have a learning experience. Farmers, would you be willing to invite people from your church and local community to your farm to help educate the public about the source of their food?
- **Visit an International Specialty Shop** — Shops established by newcomers to Canada and the United States offer tantalizing and unique spices, sauces, meats, and other food items. As you browse, be sure to ask the staff questions about their inventory. Perhaps they'll share some stories with you about farming practices in their native lands.
- **Buy Fairly Traded Products** — The choices we make at the grocery store have an impact on those in need. When you make a fair trade purchase, you're saying something more than "I want a good product." You're saying that you don't want to exploit the person who worked to create your product. You're saying that you're willing to spend an extra few cents on your end so that a producer in a developing country can have a chance to feed, clothe, and educate her family. For more information about fair trade, visit www.crcjustice.org.
- **Visit a Food Bank** — Food banks exist because there are hungry people in every town and city. If you can get permission, visit a food bank and talk to the staff about the causes of hunger in your city, how the food bank is helping to alleviate hunger, who supports the food bank, and what you can do to help. Be sure to take some non-perishable food items along to donate.
- **Visit with Refugees or Newcomers** — Farming practices around the world vary tremendously. Yet no matter what the technique, the goal is to provide food to eat and to sell to make a living. Invite a refugee or a newcomer to your country to tell you about farming practices in their country of origin. Ask questions about the kinds of tools that are used, what is grown, how the land is cultivated, and how the produce is sold.
- **Serve at a Soup Kitchen** — Most communities offer a meal program to homeless and hungry people. Why not offer your services this weekend and in the future? Many volunteers are needed to run these vital programs. But, don't just come once — get to know the users of this service and build a relationship that God can use to bring lasting change to everyone involved, including you.
- **Cook a Meal** — Is there a family in your church or neighborhood who needs encouragement? Cook a meal for them that will feed not only their bodies but also their spirits. If you can't think of someone to bring a meal to, invite someone to your home and serve a meal there. Perhaps you can incorporate some of the products you've bought on your visits to farms, markets, or specialty shops.

Recipes to Try This Week

Submitted by: Stephan Lutz, CRWRC-Kenya

Sukuma Wiki

(Kenyan greens simmered with tomatoes)

Sukuma wiki, Swahili for “stretch the week,” is a ubiquitous Kenyan dish. Nutritious and tasty, it is a way of “stretching” out kitchen resources. Served with ugali and perhaps some roasted meat or fish, *sukuma wiki* makes a typical Kenyan meal.

Ingredients

- 3 tablespoons of oil
- 1 onion, chopped or minced
- 2 lbs kale or collard greens, destemmed and finely chopped
- 2 cups tomatoes, chopped
- 1 cup water or stock
- Salt and pepper — to taste

Directions

1. Heat the oil over medium-high flame in a large, heavy-bottomed pot. Add the onion and sauté until translucent. Add the greens in batches, sautéing each addition until wilted.
2. Add the tomatoes, water or stock, salt, and pepper. Bring to a boil then reduce heat to low and simmer gently until tender, from 20 to 30 minutes.
3. Adjust seasoning and serve with a little bit of the broth.

Variations

- Add a chopped chili pepper or two with the onions if you like.
- Some recipes call for thickening the dish with a flour-lemon juice mixture. Here’s how: mix 2 tablespoons of flour well with the juice of 1 lemon and a little water. Stir into the greens after they have been simmering for about 10 minutes. Continue simmering for another 15 to 20 minutes until the dish is slightly thickened.
- If you like, add some leftover meat for more flavor. Kenyans would most likely use goat or beef.

Submitted by: Ida Kaastra-Mutoigo, CRWRC Canada
Director (formerly of CRWRC-Uganda)

Matoke (Plantain) – Uganda

Matoke (or *Matooke*) refers to the plantain or plantain banana in Uganda. It is a staple crop in Uganda. *Matoke* are often wrapped in plantain leaves and steamed until tender.

Ingredients

- 8-10 plantains
- Juice of one lemon (optional)
- Oil for frying
- 1 onion, chopped
- 2-3 tomatoes, chopped (or canned whole tomatoes, drained)
- 1 sweet green pepper (or bell pepper), chopped
- 3 or 4 cloves of garlic, crushed
- 1 chili pepper, chopped (optional)
- Salt, coriander, cayenne pepper or red pepper (to taste)
- 1 pound beef: ground beef or stew meat cut in bite-sized pieces (optional)
- 2 cups beef broth or beef stock

Directions

1. Peel the plantains, cut into cubes, sprinkle with lemon juice, and set aside.
2. Heat oil in a large pan. Fry the onion, tomatoes, green pepper, hot pepper, and garlic together. Add spices to taste. Add meat and/or broth. Continue frying and stirring until the meat is nearly done or until the broth is starting to boil.
3. Reduce heat. Add plantains. Cover and simmer over low heat until plantains are tender and meat is done. Serve *matoke* hot.



Day 11

Eager to Participate

The desires of the diligent are fully satisfied (Prov. 13:4b).

Diligent. Motivated. Enthusiastic. Participants in six Farmer Field Schools started last year in Cambodia by CRWRC and its partner Food Resource Bank (FRB) display all these qualities. Rick DeGraaf, CRWRC Country Consultant in Cambodia, says, "These schools have been very successful, and the community and our partner organizations are excited about them. Students are taught by master farmers and then immediately put what they learn into practice. They work on their demonstration plots together and share experiences with one another."

CRWRC and FRB are planning to start three more schools. But they've run into a problem. They've already received eight applications from other groups of diligent, motivated, and enthusiastic farmers who want to learn more and overcome hunger. The three groups who show the greatest commitment to following through on their learning and whose location is most suitable will be chosen. DeGraaf adds, "It will be a difficult choice since so many people are eager to participate."

These eager farmers remind me of what Solomon wrote about diligence: "diligent hands bring wealth" (Prov. 10:4b), "the plans of the diligent lead to profit" (Prov. 21:5), and "the desires of the diligent are fully satisfied" (Prov. 13:4b).

Just as Jesus fed the multitudes and they were satisfied (Matt. 14:20), so he feeds people's spirits, satisfying them with the diligence to learn, the motivation to share with others, and the enthusiasm to multiply food and feasts in their communities.

How about us? Can we diligently and enthusiastically multiply food and feasts around the world? Yes we can! Because we can depend on God who gives us encouragement and hope and who strengthens us in every good deed and word (2 Thess. 2:16-17), we can be bold to take meaningful action to make poverty history. For some ideas of "good deeds" you can take, visit www.micahchallenge.org.

PRAYER

Dear God, thank you for the diligence and enthusiasm you have showered on the farmers who are participating in the Farmer Field Schools in Cambodia. Let their example spur us on to greater faithfulness and generosity. Amen.

ACTION

Think about how God is multiplying the number of Farmer Field Schools in Cambodia. Do some multiplication of your own. Add the number of schools that exist to the number that will soon be started and multiply by 10 cents. Put the amount you arrive at into Peter Fish.

Day 12

Pots and Pans Holy to the Lord

On that day HOLY TO THE LORD will be inscribed on the bells of the horses, and the cooking pots in the LORD's house will be like the sacred bowls in front of the altar. Every pot in Jerusalem and Judah will be holy to the LORD Almighty (Zech. 14:20-21a).

Pots and pans are a part of our everyday lives. No matter what culture you live in, you need something to cook your food in. But because we use pots so often, we barely take note of them.

Zechariah prophesied about a day when “every pot in Jerusalem and Judah will be holy to the LORD Almighty” (Zech. 14:21a). What did he mean? Zechariah understood that ordinary items become holy when they are dedicated to God’s glory and to the promotion of fellowship and feasting in his name.

That’s what’s happening at New Life Church, located in a relatively poor section of Guelph, Ontario. Harmina VanArragon coordinates the Collective Kitchen Program, begun in 2001 in response to a Community Scan the church did in their neighborhood. Because neighbors were interested, New Life’s deacons started the program with an Operation Manna grant. Since then it has flourished — 10 groups of 6-12 participants meet once monthly. Most are members of the community who don’t attend New Life.

Harmina says, “Collective Kitchens provide cooking skills, good meals, new recipes, and also (sometimes more importantly) a wonderful feeling of community, support, and respect. There have been many times that I have felt joy in this job: when the cooks talk about how delicious the previous month’s meals were, when I can tell someone that the church will cover the cost of their meals if they are struggling financially, when a mother with young kids at home

declares how happy she is to be out with other adults, when I can be a listening ear to someone who is having difficulties, and when I can watch new friendships develop and make some new friends myself!”

Is there a place for a Collective Kitchen in your church’s future? How can you use your pots and pans to promote Christian feasting and fellowship in your home to the glory of God?

PRAYER

Dear God, the early church devoted itself to fellowship and to the breaking of bread together (Acts 2:42). Let us do the same. Make us aware of people who experience a hunger for fellowship as well as for food. Give us the grace to welcome them and break bread with them, anticipating your eternal kingdom feast. Amen.

ACTION

Use your pots and pans to prepare food for a lonely or struggling family. Put 50 cents in Peter Fish for each cookbook you own.

Day 13

From Barrenness to Fullness

Taste and see that the LORD is good (Ps. 34:8a).

God transforms barrenness into fullness. The Bible tells many stories of how he accomplished that. Do you remember the story of Naomi and Ruth? Ironically, Naomi left Bethlehem, the House of Bread, because of a famine. In the foreign land of Moab, she started a new life but experienced the barrenness of death, as her husband and both of her sons died.

When she returned to Bethlehem with her faithful daughter-in-law, Ruth, barrenness was replaced by fullness. God led Ruth to Boaz, the family's kinsman redeemer. Eventually the two married. Their child, Obed, became one of Jesus' ancestors. What an astounding example of barrenness turned into fullness!

God's transformations from barrenness to fullness continue to this day! Roland Thangkhiew from Sohkyrbam village in India can testify to that. The father of eight children, Roland works as a daily laborer, cultivating his land to produce food for his family. But he stopped because the land didn't produce enough to feed his children. Barrenness resulted.

But it didn't have the last word! Kohima Daring, Program Consultant for CRWRC in India, relates how in October 2009 Roland participated in the Patharkmah Food Security Project training on kitchen gardens, low cost compost, and the Sloping Agricultural Land Technique (SALT). Because of the training, Roland determined to once again cultivate his land and grow vegetables to feed his family and to generate income.

"At present Roland is able to feed his family from the kitchen garden he again started this

year," Daring says. "In this season, he could produce around 200 kilograms of crops from his garden. He was able to sell about 60 kilograms at the local market from which he earns Rs. 1200 (US \$26). He is working hard toward a secure future for his family."

Roland gratefully accepts God's gift of fullness: "I am very happy to have access to all this training. Now I'm more equipped in cultivation and I will transform all my barren land into cultivating land."

PRAYER

Dear God, you promised that you would meet all our needs according to your glorious riches in Christ Jesus (Phil. 4:19). There is no barrenness in you, only fullness of life and provision. Forgive us when we fail to use our gifts to alleviate someone else's barrenness. Amen.

ACTION

Set aside a large bowl and a measuring cup. Make a list of all the ways God has filled your cup with blessings. For each one, fill the measuring cup with water and pour it into the bowl. Is the bowl large enough? Thank God for his abundant blessings. When you're done, find some use for the good gift of water in the bowl.

Day 14

God Increases the Power of the Weak

*The LORD is the everlasting God, the Creator of the ends of the earth.
He will not grow tired or weary, and his understanding no one can fathom.
He gives strength to the weary and increases the power of the weak (Isa. 40:28b-29).*

Who can fathom God's ways? Who can understand exactly how he turns mourning into dancing, the "bread of sorrows" (Ps. 127:2, KJV) into a feast of food and fellowship between strangers?

Not one of us will be able to fully fathom God's workings completely until the day we celebrate his perfect feast in the new heaven and earth. But already here and now people are catching glimpses of God's marvelous, mysterious workings. Etty Broer, from Point Clarke, Ontario, is one of them.

God blessed Etty and her husband, Bill, with an idyllic five-acre homestead on which to raise their five children and numerous foster children. It was also a place to grow produce and fruit and raise livestock. Several years ago when Bill suddenly died, Etty's world was shaken. Friends and family supported her through her grief.

As healing slowly began, Etty heard God's reassuring voice, "Be still, and know that I am God" (Ps. 46:10a). She recalls, "My rambling farm home and quiet acreage spoke powerfully of how God was providing everything I needed and so much more."

Bill and Etty had hoped to go on a mission trip to Romania through CRWRC once he retired. After he died, friends encouraged Etty to go anyway. Etty recalls how she returned home from her first of many mission trips with a renewed spirit and a desire to use her home and land to support the work of missions.

"Our large family garden became bigger," she says. "I sold produce at the end of our long laneway. Family, friends, and neighbors pitched

in by running the old 1949 John Deere tractor, rotor tilling, and helping to harvest in peak periods. At the end of each season, I posted a sign for the customers saying where the profits of the garden went: CRWRC missions in Romania and Indonesia. I have been privileged to work in these areas and have come to include them in my 'extended family.'"

Every year, Etty is amazed at how the same-sized garden yields more than previous years. "This can only be with the blessings of the Creator who watches over each seed and sends the right amount of sunshine and rain," she says. "My family, extended family, foster families, Point Clarke community, and the communities I was privileged to share some time with all benefit from the harvest of the land the Lord has entrusted me with."

What unique resources or skills has God entrusted you with that you can share in order to help feed hungry people?

PRAYER

Dear God, your ways are far beyond our understanding. We praise you that no matter where we are on our life's journey, in the midst of mourning or dancing for joy, you motivate and accept our humble acts of service on behalf of hungry people. Amen.

ACTION

Make a list of your skills and resources that could be used to benefit hungry people. Put 10 cents in Peter Fish for each one. Commit to taking action on at least one of the items mentioned on your list.

Day 15

Your Kingdom Come, Your Will Be Done

*May God himself, the God of peace, sanctify you through and through.
May your whole spirit, soul and body be kept blameless at the coming of the Lord Jesus Christ.
The one who calls you is faithful and he will do it (1 Thess. 5:23-24).*

What would it look like if we invited Jesus over for dinner? Would our tables be laid out with a lavish spread of food, breads, desserts, and wine? That's the way we would usually welcome an honored guest, but Jesus isn't "usual" in any way.

Jesus is our King. Yet while he was on earth, he often showed that his royalty was not about wealth. He cared for all people — rich and poor — and often dined with others at meals that were simple, where the focus was not about eating gourmet delicacies but about making sure that all were welcome, included, and satisfied.

As heirs to God's kingdom, we are challenged to shape our lives to be like Jesus. Our calling is to proclaim Jesus' glory and to share his love with all those who need it. That means sharing our blessings, as he would, to help ensure that others are satisfied.

For the past three weeks, you've heard stories about CRWRC's involvement in the lives of people in countries such as Malawi, India, Cambodia, Mozambique, and Uganda. Each story tells of challenges posed by poverty and hunger. Each tells of courageous new beginnings. How have these stories changed you?

Today, CRWRC is continuing to work around the world to improve food security by introducing conservation farming, teaching people to breed fish, advocating for just food policies and land distribution, encouraging women in their role, improving health and much more. Through your support of CRWRC's 2011 World Hunger Campaign, individuals and families are better able to meet their daily needs and celebrate God's blessings by sharing "feasts" of their own.

There is still a lot of work to be done. Will you allow your mind to be transformed by the Holy

Spirit so that you understand the feast Jesus had in mind — a feast that includes rich and poor, weak and strong? Will you pray fervently that God's desire that there be no poor among us will be fulfilled? Will you let radical gratitude be your response to Jesus, the originator of the kingdom feast whose lavish table holds plenty for all?

As you move forward to celebrate World Hunger Sunday, consider what you can do to be a channel of God's grace so that those who struggle in the face of poverty will celebrate God's bounteous feast and sing a new song for his glory.

Making these kinds of commitments is impossible in our own strength, but God is sanctifying us — changing us — so that we want to increasingly celebrate the kingdom feast in a way that pleases him. Paul reassures us that "the one who calls you is faithful" (1 Thess. 5:24). He will spur us on to deeper faithfulness until the day when we celebrate "the wedding supper of the Lamb" (Rev. 19:9a).

PRAYER:

Dear God, we are weak, but you are strong. We need your sanctifying power and strength in us so that we will faithfully defend the cause of the weak and maintain the rights of the poor and oppressed (Ps. 82:3-4a). Let "your kingdom come, your will be done on earth as it is in heaven" (Matt. 6:10). Stir our vision of the great future day when we will celebrate the eternal feast in your glorious presence. Amen.

ACTION

Read Matthew 25:35-36. What actions were taken in Jesus' name? Put 50 cents in Peter Fish for each one. Think about ways in which you can give something to eat to others in Jesus' name.

Weekend Activity

Eat Like a Nigerian for a Day

Recipes submitted by:

Talitha Pam, CRWRC-Nigeria

Typically, Nigerians are heavy eaters, and our meals usually consist of a staple, like yam or corn, that is either pounded or stirred till it forms a thick consistency that can be molded and is served with a sauce or stew that is usually rich with fresh vegetables, meat, and fish.

Fresh fruits and vegetables are available the whole year through, and many grow wild or with little care in the yard or farm and are great for extra vitamins. Palm oil is also used generously in Nigerian cuisine, and apart from being high in Vitamin A, it also adds a lovely color to the food.

Below is the menu for a typical Nigerian family. Why not try out the recipes for a day, and eat like a Nigerian?

BREAKFAST

Breakfast in Nigeria is usually light and consists of any of the many grains ground and boiled into a porridge or gruel with bread or something similar.

Kosai/Akara (bean cake)

Ingredients

- 1 cup beans (black-eyed peas)
- 1 onion
- Salt, pepper, and seasoning to taste

Directions

1. Soak beans in water for 20-30 minutes. Remove the skins either by rolling between your hands or pounding in a mortar with a pestle if you have one. (Tip: Skinning beans is unfamiliar to North Americans, but if you are

adventurous in the kitchen please try it out! Observe the swelling of the beans and do not allow them to swell and match the swollen skins. Pick up handfuls and rub as if washing hands, soon the water will be full of loose skins, which you can float off by tipping the bowl or basin. Drain and then blend them with a little water.)

2. Grind or blend together ingredients together to form a smooth paste. Beat very well until fluffy (like cake batter).
3. Drop into hot oil with a spoon. (Tip: If the bean cakes disintegrate in the oil, they are too watery and can be rescued with a little flour and baking powder — not traditional but handy.)

Kunu Gyada (Groundnut/Rice Pudding)

Ingredients

- 1 cup groundnuts (peanuts), slightly roasted.
- ½ cup rice, previously soaked overnight.

Directions

1. Blend groundnuts until smooth.
2. Boil the rice and groundnuts together for 30 minutes.
3. Add sugar to taste.
4. If you like, squeeze a lemon or lime juice to give it a slightly sour taste and cause coagulation.

LUNCH

As in many societies today, lunch is not always observed or is reduced to a snack with a beverage or drink. Below is the recipe for jollof rice, a Nigerian favorite. It can be modified to suit your taste and is a great way to use your leftover vegetables and meat.



Jollof Rice

Ingredients

- 1 large onion
- 2 large tomatoes or tomato paste
- Pepper to taste
- 2 cups of rice
- 5 cups beef or chicken stock
- ¼ teaspoon each of curry, thyme, and bay leaf

Directions

1. Mince, grind, or puree the onion, tomatoes, and pepper to form a paste. Sauté the paste in oil.
2. Add remaining ingredients. Stir, then cover and simmer over a low fire for 20-30 minutes until the water is absorbed.
3. Add chicken or beef as desired.

DINNER

Like most societies, dinner is usually the largest and richest meal of the day in Nigeria. For maximum satisfaction, eat with your hands.

Pounded Yam with Egusi Soup

Ingredients

- Yam (depending on the size of the yams, each tuber should feed about 5-6 people)
- Water
- Mortar and pestle

Directions

1. Slice the yams into pieces that are about ½ inch (1.5 cm) in width.
2. Peel the skins off the yams and wash the yams. Be careful not to allow the water from the washed yam to go beyond your wrist because it may itch.

3. Place the yams in a pot and add enough water to cover. Cook the yams for about 30 minutes, checking every 10 minutes or so to see if they are soft enough (a fork should be able to go through with ease when it is ready for pounding).
4. Drain the yams and put in a mortar and pound with the pestle until they are smooth and form a soft, sticky dough.

As an alternative to the above recipe, you can also buy 1½ cups of pounded yam flour. Place 3 cups of water in a pot and bring to a boil. Reduce heat. Add the flour, stirring as you add. Once all of the flour has been added, continue to stir until mixture is smooth and thick.

Egusi Soup

Ground egusi seeds give this soup a unique color and flavor. If you can't find Egusi seeds in your store, you can substitute pumpkin seeds or pepitas, which you can find in Latin American grocery stores. This soup is thickened with flour ground from seeds of gourds, melons, pumpkins, and squashes, many of which are native to Africa.

Ingredients and Directions

- 1½ cups of egusi (pumpkin seed) — grind and keep separate
- 4-5 large peppers
- ½ cup crayfish — blend these together
- 2 medium size tomatoes
- 1 chicken
- 1 chopped onion — boil together in a pot with enough water to almost cover chicken
- seasoning to your taste

Add to the broth from the boiled chicken the blended vegetables listed above. Then add the following ingredients:

- 2 cups water
- 1 cup palm oil
- 2 lbs dry fish, boiled and soft
- 1 cup bitter leaf/shoko

Allow them to boil for 5 minutes.

Add the ground egusi and boil for 15 minutes. Permit the soup to boil until thick.

Add egu leaf (or other leafy vegetable). Let boil for 10 minutes

SNACK TIME

Puff puff

Makes 40-60 balls.

Ingredients

- 2 cups flour
- 2 cups water
- ½ cup sugar
- 2 teaspoons yeast
- vegetable oil

Directions

1. Mix the flour, sugar, water, and yeast together until the batter is smooth.
2. Wait until the dough has risen. About 2½ hours or so should do. (I've heard that if you use quick-rising yeast, you don't have to wait, but I have not tried it yet.)
3. Put vegetable oil into a pot, until it is at least 2 inches (about 5 centimeters) high (too little will result in flatter balls), and place on low heat.
4. Test to make sure the oil is hot enough by putting a drop of batter into the oil. If it is not hot enough, the batter will stay at the bottom of the pot rather than rising to the top.
5. When the oil is hot enough, use a spoon to dish up the batter, and another spoon or spatula to drop it in the oil, in the shape of a ball.
6. Fry for a few minutes until the bottom side is golden brown.

7. Turn the ball over and fry for a few more minutes until the other side is golden brown.
8. Use a large spoon or something like that to take the ball out of the oil. I usually place the balls on napkins right away to soak up some of the excess oil.

If desired, you can roll the finished product in table sugar or powdered sugar to make it sweeter.

BEVERAGE

Zoborodo Drink (Zobo for short; Dried Hibiscus Flower/ Rosella)

Makes about 1½ quarts

Ingredients

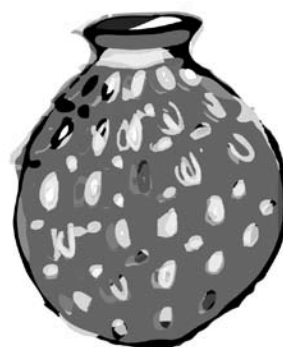
- 2 cups dried hibiscus flowers (sorrel)
- ¼ cup gingerroot, minced 8 cups boiling water
- 1 to 1¼ cups sugar or honey

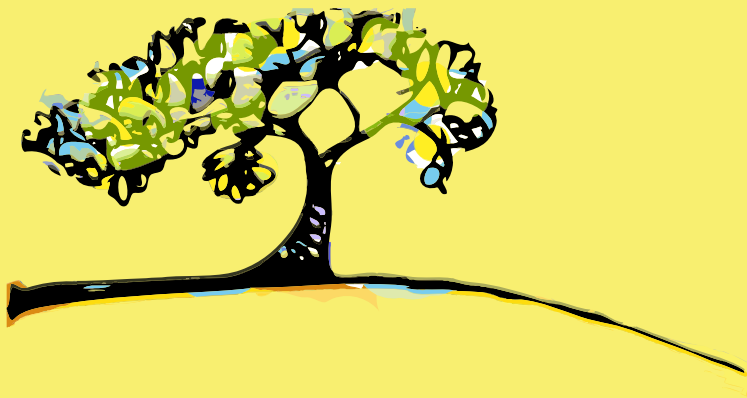
Directions

1. Place hibiscus flowers and ginger in a large bowl and pour in the boiling water. Cover and let steep for several hours at room temperature, or boil for 20 minutes.
2. Strain into a large pitcher and stir in sugar to taste.
3. Put in the refrigerator and serve well-chilled. Consume within a day to prevent fermentation. If drink is too thick, dilute with water before serving.

Variations

1. Add a few allspice berries or a stick of cinnamon in the steeping hibiscus and ginger if you like.
2. If you like natural fruits add pineapple peels or lemon rinds





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