

Girl Scouts North Carolina Coastal Pines invites girls, families, and volunteers to stay involved while at home. We know that today's girl is ready to pivot on a moment's notice and is willing to embrace new ways to explore Girl Scouting. That's why we're promoting these options for engaging with us while you're at home today ... or any day!

LIFE SKILLS, ENTREPRENEURSHIP & FINANCE

shares activities, tips, and tricks each Wednesday for developing the skills necessary to prepare her to do amazing things for herself and her community, and grow into the incredible woman she's destined to become.

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The Importance of Food in Preserving Cultural Identity

Can you think of the one common thing that almost always brings families and friends together no matter what the occasion? If you thought of food, you guessed right! Think about it— birthday parties, all religious holidays— Christmas, Hanukkah, Diwali, Day of the Dead— and more, family reunions, weddings, funerals, Memorial Day, Fourth of July...the list goes on. I bet you can't think of a single gathering where there wasn't some sort of food involved! A happy, sad, or celebratory time, food can be a common thread that brings us together and what's on the table is often representative of the host's culture and upbringing.

What does food tell us about a culture?

It doesn't matter where in the world you're from— you have to eat! And your societal culture most likely evolved from that very need, the need to eat. You can learn a lot about a culture by exploring their food. In fact, it may be difficult to fully define a culture without a nod to their cuisine and traditional cuisine is passed down from one generation to the next. The next time you are at a gathering or a special occasion, pay attention to the kinds of foods that are there. Are there special dishes fitting for the occasion? If so, try what you can and learn something new by asking questions about the food and about the significance of it. You are sure to hear a story or two about a special time where the food brings up a memory of a moment with family or friends!

There are so many cultures to learn about that it would take a year to write about them all, so we'll just focus on a few! Check out the [Heritage Studies Patch](#) from Girl Scouts of Central Maryland— this fun patch program has a multitude of resources about the following cultures: African American, Asian American, Hispanic American, Judaic American, and Native American. Not only can you learn about food and heritage, but it also includes great information about holidays and celebrations, values and traditions, play, arts and crafts, and more!

Need a copy of a Journey, badge requirements or want to order patches? While our shops are closed, please feel free to [shop online](#) or [email](#) us for merchandise needs. We will provide free shipping within in our council footprint on orders emailed to us (please provide phone number in email so we can call you for payment details). Alternately, try our new [online order form](#)! In addition to free shipping to our members, our retail shops are now offering curbside pickup on a limited, pre-scheduled basis. Curbside service will be offered on Monday and Wednesdays from 10am-5pm and on Fridays from 10am-3pm.

Our very own Camp Graham Director, Rebecca Kowalski, has a good friend from Kenya who has shared a few of her favorite Kenyan recipes with us. Don't forget to check out her video [here](#) ...you can almost smell the deliciousness through the screen!

Country Spotlight: Kenya

Kenya is an Eastern African Country in which attracts many visitors for its classic savanna safaris and breathtaking scenery. It is also one of the countries that the Lion King is based off of. There is no single dish that represents the country since there are many differences between regions. One in particular is considered a staple is Ugali. This is a maize flour porridge that is paired with other dishes to create a delicious meal! In the video and instructions below, you will learn more about cooking a traditional Kenyan dinner with the use of tomatoes as the base of the meal! Get your taste buds ready for this tasty meal of Kenyan Stew, Ugali, and Sukuma Wiki.

Kenyan Stew

Stew is a great main dish to use what you have already at home! Kenyan Stew can be made with almost any meat and is great to use the vegetables you already have. The tomato-based sauce is what makes this stew perfect to pair with anything! Serve Kenyan Stew over rice for delicious results!

Prep Time: 10 Minutes

Cook Time: 45 Minutes

Total Time: 55 Minutes

Servings: 7

Recipe:

- Season chicken with, salt, pepper, and any other seasoning of your choice. Set aside.
- In a large pot, heat chicken broth with minced garlic, over medium heat, until hot, and then add the chicken.
- Chop the tomatoes, onions, green onions, and parsley.
- Add the tomatoes in the pot of chicken, bring to a boil and let it simmer until tender (depending on the chicken) about 20- 30 minutes, frequently stirring the saucepan to prevent burns.
- Add the onion and green onions to the pot of chicken and ring to a boil and let it simmer for about 20-30 minutes.
- Add parsley. Cook for another 5 minutes. Adjust the thickness of soup with water or stock.
- Season with salt according to preference.
- Serve over warm rice.

Recipe Notes:

- You can use other vegetables, like potatoes or sweet potatoes, in this dish towards the last 15 -20 minutes of cooking. In the video, I used frozen green peppers in which are optional!
- You may use bone in chicken breast for this dish. Or a rotisserie chicken provided that you throw in the chicken towards the last 15 minutes of cooking.

Ingredients:

- ⇒ 3 – 3 ½ pounds of chicken
- ⇒ Salt and Pepper to taste
- ⇒ 5 to 6 Roma Tomatoes, chopped
- ⇒ 1 cup chicken broth
- ⇒ 1 tablespoon minced garlic
- ⇒ 1 medium onion, sliced
- ⇒ 1 bunch of parsley, chopped
- ⇒ 2 green onion, chopped whites and green parts
- ⇒ Additional seasoning of your choice! Curry powder is great if you like it a little spicier
- ⇒ Additional vegetables of your choice!

Ugali

This is considered a staple starch in Kenyan cuisine! It is a maize flour porridge that pairs perfectly with any stew or veggies. In Kenya, the way of eating Ugali is with your hands. The proper way is to pinch a small bit off with your fingers, roll into a ball, and use your thumb to make a small depression for scooping up a bite of stew.

Cook Time: 25 Minutes

Total Time: 25 Minutes

Servings: 4 to 5 servings

Recipe:

- Bring the water and salt to a boil in a pot.
- Take one cup of boiling water and set to the side.
- Stir in the cornmeal slowly, pour a little at a time.
- Reduce heat to medium-low and continue stirring regularly, smashing any lumps with a spoon, until the mush pulls away from the sides of the pot and becomes very thick, about 10 minutes. Add the cup of boiling water that was to the side when the last of the cornmeal is poured in.
- Remove from heat and allow to cool somewhat.
- Place the ugali into a large serving bowl. Wet your hands with water, form into a ball and serve.

Ingredients:

- ⇒ 4 cups of boiling water
- ⇒ 2 cups of White cornmeal, finely ground
- ⇒ Salt to taste

Sukuma Wiki

“Sukuma wiki” is a Swahili phrase that means to “push the week” or “stretch the week” This basically means that it is a great dish to serve when you need to feed your family something nutritious and adorable! There are many different variations of this recipe in which you are able to substitute the base and the greens if needed.

Prep Time: 8 Minutes

Cook Time: 12 Minutes

Total Time: 20 Minutes

Servings: 2 to 3 servings

Recipe

- Heat large skillet to medium heat. Add minced garlic to the pan.
- Add greens (Kale or Collard Greens) to the skillet. Cover and simmer for about 5 minutes.
- Add Heavy Whipping Cream to skillet and stir.
- Cover skillet and let simmer for about 5 to 10 minutes. Stir occasionally.
- Serve with your Kenyan stew!

Ingredients:

- ⇒ 1 cup Heavy Whipping Cream
- ⇒ 8 to 10 cups of Kale or Collard Greens (washed, stalks removed, & roughly chopped)
- ⇒ 1 tablespoon of minced garlic
- ⇒ Salt to taste
- ⇒ Optional - 2 Small Tomatoes, chopped.