

CANAAN COMMUNITY



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Gift giving made easy

This holiday, resolve to give gifts that reflect your values. Canaan Fair Trade olive oil and gift baskets are certified fair trade, certified organic, and they support community building and economic recovery in Palestine, which has been under occupation for decades. And, the olive oil and food just plain taste good!

You can find our organic olive oil in local fair trade stores and food co-ops. You may be able to get it at your place of worship. You can shop online at www.canaanfairtrade.com, and we will ship it to your door. Want to ship just a few bottles? You can find links to our partners who will ship less than a case for you on our website.

Running out of time? Our fair trade gift basket, hand made from olive twigs, and filled with Nabali olive oil and 7 other organic Palestinian foods*, is

Much to celebrate this season

“We celebrate our olive tree and the symbolism this tree carries for our rootedness in the Land of Palestine. We celebrate our persistence as a people with a long- standing culture over this land in spite of all the attempts and energy invested in ending this dear relationship between the Palestinians and their land.”

“We also celebrate our success as a fair trade movement in Palestine. In 2007, we exported nearly 250,000 liters of olive oil to Europe, North America, and Australia. Through this export, we were able to deliver the participant farmers a 1 million Shekels

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boxed and ready for us to send to everyone on your gift list. Just send us the addresses and we will take care of your holiday shopping!

But don't wait too long. Get your order in to us by **December 15** to make sure we can get your presents to your loved ones before their big day.

*The seven Palestinian foods are our green olives, black olives, tahini, couscous, sun-dried tomatoes, dry roasted almonds and za'atar. There is a full liter of our Nabali tree olive oil. The sturdy and beautiful basket will be a lasting reminder of your thoughtfulness. The foods will be eaten fast!

increase over what they would have gotten in the local market, and foster a sense of pride and dignity amongst our farmers, and a culture of productivity.”

“What makes Fair Trade so special to us is that you are a part of it. We are an example of a community that is culturally diverse and principally united. We are pleased to share with you some of the treasures the earth has given us through the relationship of fair exchange. Thank you for being part of our lives.”

From a speech by Palestine Fair Trade Association Chair Nasser Abufarha to producers and international partners at the Olive Harvest Festival in Jenin November 1. Canaan's 2007 accomplishments will be detailed in the January issue of Canaan Community.

Canaan recipe of the month—Maghreb

Couscous is the national dish of the Maghreb, the north African countries of Morocco, Tunisia and Algeria. Of Berber origin, it has been adopted and adapted by other Arab countries, who call it *maghreb*. Here is a recipe from Palestine for a meat stew with couscous. Allow 50 minutes preparation. Serves 4–6.

Ingredients:

- 1 ½ cups Canaan couscous (1 package)
- 1 skinless chicken, washed or 2 lb. Lamb cutlets
- 2 potatoes cut in 1" chunks
- 1 red pepper cut in ¾" strips
- 2 zucchinis cut lengthwise then ½" slices
- 1 tomato cut in ½" wedges
- 2 onions, one diced, one cut in ¼" wedges
- 4 garlic cloves cut in ¼" slices
- 1 cup of pre-cooked chickpeas (Garbanzo beans)
- ½ cup Canaan Olive Oil, divided
- ¼ stick butter
- 2 teaspoons salt
- 1 teaspoon black pepper

Prepare the meat stew: Preheat ¼ cup oil in stew pot. Add diced onion and stir over high heat for half minute. Add chicken or lamb, and half the salt and pepper. Cook 4 minutes over high heat, stirring occasionally. Add 3 cups water, bring to boil then cover and simmer for 40 minutes.

Meanwhile, cut the vegetables. Melt butter in sauté pan, add sliced garlic and potatoes and sauté on medium heat for 4 minutes. Add the remaining vegetables, 1/3 teaspoon salt and pepper, and cook and stir for 3 minutes.**

Customer hints of the month

Lawyer Tom Nelson bought a case of Canaan olive oil for office gifts. Dennis Greenia of Co-op America ordered a case for use as hostess gifts for dinner parties, and he and his wife share the story of Fair Trade whenever they're invited to a friend's house for dinner. A case of oil or one of Canaan's organic fair trade Gift Baskets makes an impressive corporate gift. Your editor always has the perfect raffle item for the numerous end of the year fundraisers: a bottle of our organic, fair trade olive oil is always welcome in a raffle basket.



Meanwhile, make the couscous: Add 2 ¼ cups water to small pot (1½ cup water for each cup of dry couscous) and place on medium–high heat. Add 2/3 teaspoon salt to water. Preheat ¼ cup olive oil in a sauté pan on medium high heat. Add couscous to hot oil and stir constantly for 3 minutes. Add sautéed couscous to hot water in pot, bring to boil, cover and simmer for 15 minutes. Fluff with fork.

How will you prepare the couscous from your gift basket? Here is a favorite Palestinian recipe.

To complete: Add the sautéed vegetables to the meat stew. Add chickpeas. Bring to a boil, then lower heat, cover, and simmer for 6 minutes.

To serve: serve couscous on one side of the plate and the stew on the other side.

**For a vegetarian version, add 2 cups of water to the vegetables in the skillet, bring to boil, cover, and simmer on low heat for 6 minutes.

Holiday gift, hostess gift, corporate gift, or raffle gift, you have the satisfaction of sustaining the livelihood of Palestinian farmers and helping plant thousands of olive trees in the West Bank.

We thank you.

If you do not wish to receive occasional updates from Canaan Fair Trade please email CFTsales@gmail.com and we will take you off the list.

Past issues of Canaan Community can be found on our website.
