

CANAAN COMMUNITY

NOTES FROM THE LAND OF MILK AND HONEY

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Canaan Fair Trade LLC, 19215 SE 34th St. #106, PMB 122, Camas, WA 98607
www.canaanfairtrade.com CFTsales@gmail.com 360-980-2580

Canaan plants 14,419 Trees for Life

Canaan started Trees for Life in 2005, with the goal of planting thousands of olive trees in Palestine to replace those lost to the occupation. We have now planted a total of 38,400 trees in four years! This program is funded solely by grassroots movements. Major contributors this year were Zatoun in Canada, the Olive Co-op in the UK, and Jewish Voice for Peace, Import Peace, and Canaan USA. Trees were distributed to 348 farmers in 19 different villages in the Jenin and Nablus areas. The complete list is on our website.

One new farmer is Emad Qasem Mohammed, 37, from Jenin Refugee Camp (photo). Emad supports his family of six as well as his parents. During the Israeli invasion of the Jenin Refugee Camp in April 2002, Emad's home was destroyed and he lost his right hand. In 2003 the government of the UAE extended support to Camp residents to rebuild their homes. Emad decided to build a smaller house and save some of the funds to acquire land so he could earn a dignified living as a farmer. He later acquired 10 dunums in the village of Beit Oad in the Jenin area. Trees for Life supplied 200 olive trees which were planted in his new grove in January 2009.



In the US, with every one liter tin of olive oil purchased, \$1 is donated to Trees for Life and \$1 to Canaan Scholarships. Trees are so popular, we have set them up as an item. You can buy a share of 3 trees for \$20 to be planted in your name, or as a gift.

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Canaan 2008 scholarships awarded

Fair trade reinvests in the community, in addition to paying living wages, supporting healthy working conditions and sustainable farming, and encouraging cooperative relationships. To reinvest in its community, Canaan has pledged ten full four-year scholarships each year for first generation college students from rural and refugee communities.

The 2008 scholarship winners are on our website. Hadeel Soboh, from the village of Burqin, spoke at the 2008 Olive Harvest Festival in Jenin (photo) in front of 2000 attendees. On behalf of the 9 women and one man awarded scholarships this year, she thanked Canaan for "giving Palestine back its life through education". Hadeel is a first year engineering (architecture) student at An-Najah University near Nablus.



Canaan Recipe of the Month – Muhammara

Mediterranean cuisine is known for being healthy and using fresh local ingredients. Palestinian home cooking is uniformly delicious. Every Palestinian learns from watching his or her mother cook. Offering a homemade meal to a guest is a tradition in Palestine; part of their legendary hospitality.

Canaan customer Samir Naser of Portland, Oregon, owner of Indigo Traders, offers a Palestinian cooking class, which quickly sold out 8 sessions. Your editor was lucky enough to attend the second session.

Samir was born and raised in Nablus. He spent much of his childhood on his grandparent's farm in a nearby village, enjoying their almond, fig and olive trees. Samir's mother and sisters are exceptional cooks; he naturally took an interest in foods and cooking Palestinian food. Here is one of the recipes from his first round of classes: Muhammara, a red pepper and walnut dip.

- 3 red bell peppers, blackened on grill, cooled, skinned and seeded
- 1 cup walnuts
- 1 Tbsp pomegranate molasses or fresh pomegranate juice in season
- 1 Tbsp chili paste
- 3 cloves garlic, minced
- 2 Tbsp lemon juice
- 1 tsp salt
- 2 Tbsp toasted sesame seeds
- 2 Tbsp bread crumbs



Put all ingredients in food processor and pulse until combined and smooth. You can add additional walnuts or bread crumbs to make a thicker dip. Adjust salt and chili paste to taste and drizzle olive oil on top. Serve with bread or crackers. Lebne (yogurt cream cheese, see October 2007 newsletter) can be stirred into the dip (about ½ cup). This dip is also complimented with a side dish of lebne drizzled with olive oil.

Hungry after reading all this? Order our organic, extra virgin olive oil and other fair trade Palestinian delicacies at www.canaanfairtrade.com.

Fair Harvest Tour dates set

Canaan invites you to tour Palestine and help with the olive harvest next season! The PFTA and Global Exchange are co-sponsoring a Fair Harvest Tour of Palestine October 30 to November 9, 2009. We will visit Jerusalem, Bethlehem and Beit Sahur, Ramallah, Nablus, and Jenin and spend 4 nights with farm families. The harvest culminates with the Harvest Festival at Canaan's new headquarters in Burqin, near Jenin. Details and registration please go to: <http://www.globalexchange.org/tours/964.html>



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