

CANAAN COMMUNITY

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NOTES FROM THE LAND OF MILK AND HONEY

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

Trees for Life plants 24,000th tree in Palestine

Canaan Fair Trade with our Canadian partner Zatoun started Trees for Life, a project to plant thousands of olive trees in Palestine. Trees for Life provides individual Palestinian farmers with 25-50 new olive tree seedlings 2-3 years old to renew their decimated orchards. Priority goes to start-up farmers, small farmers, women farmers and farmers who have lost trees due to the occupation.

This year, 8509 trees were planted, distributed among 201 farmers in 19 cooperatives. In three years we have planted 24,000 trees! It is important to note that none of this is funded with grant money. Instead it is grassroots money, from communities here in the US, in Canada, in the UK, and everywhere we distribute Canaan products. Fair trade benefits the entire community.

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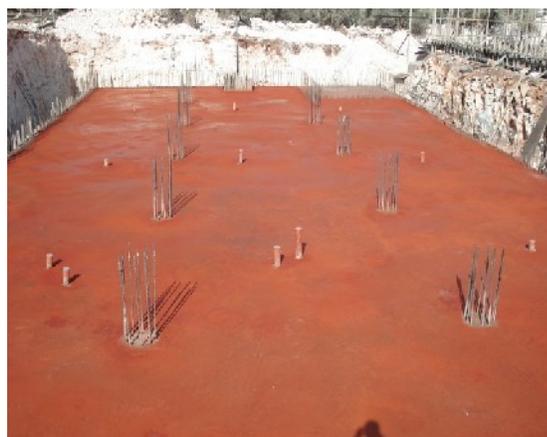
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*I guard one seed of a tree
my forefathers have saved
that I shall plant again
in my homeland.*

From The Seed Keepers, by Fawaz Turki

New construction update



The 5400 s.f. underground storage for olive oil, part of our new 32,000 s.f. processing and bottling facility in the village of Burqin (near Jenin), was completed June 4th, on time and on budget.

Canaan Recipe of the Month – Ruz hashweh

Rice is served at almost every meal in Palestine. There are so many ways to make rice, it seems they would not have to repeat a recipe for a month! To make rice the Palestinian way, use 1 ½ cups of liquid for every cup of rice. This allows all the water to be absorbed in the cooking process, trapping all the nutrients in the rice. It will be loose and fluffy. Here is a special rice for a party, elegant, decorative, and delicious! Serves 6:

2 cups long grain rice
3 cups hot water or chicken broth
½ lb ground lean beef (or lamb or veal)
½ cup onion chopped
1/3 cup pine nuts
1/3 cup slivered almonds
olive oil or butter
salt and black pepper
½ tsp allspice or cinnamon or both
freshly grated nutmeg
½ cup seedless raisins (optional)

Wash and drain the rice, add the boiling broth or water and salt, stir, bring to boil then cover tightly and simmer gently for 15–20 minutes.



Meanwhile, fry the meat and onion in olive oil or butter until it is soft and crumbly. Brown the almonds and pine nuts in butter over medium heat, stirring to get even golden color, about 2 minutes. Mix the meat and nuts, season with the spices. Add raisins if desired.

Pat or mold the hot rice into a pyramid shape on a heated serving dish, and crown with the meat mixture. Or, spread half the meat mixture in the bottom of an oiled ring mold. Press the rice over it tightly to fill the mold, and turn out onto a heated serving dish. Put the remaining meat mixture into the center.

Adapted from Claudia Roden, *A Book of Middle Eastern Food*

New construction update (con't)

The underground storage will keep our olive oil cool in our 20,000 liter stainless steel tanks while minimizing energy consumption. The quality building contractors are from nearby Jenin.

The project design is a collective plan by three engineering firms: Su'a'afo Building Engineering and Planning of Al-Bireh, Elite Mechanical and Electrical Consultants of Ramallah, and Shahd Electrical Engineering Consultants of Tulkarem. "The project team of engineers has the top engineers in the area in each of the fields," said Canaan's project engineer Mohammad Khmour.

The new facility will utilize the latest technology in

the industry and be sized to accommodate large scale production. We will be able to meet the growing demand for Palestinian olive oil.

Combined with the special attention given to the olives in the field by Canaan farmers, this plant will produce legendary olive oil from the land where olive oil first began.

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. Back issues can be found on our website, www.canaanfairtrade.com

Photos in this issue courtesy of Andrew Pappone and Nasser Abufarha.
