



Tasting Heritage

BY BE.GREEN 2025

FUNDED BY



Wen.



If you really want to make
a friend, go to someone's
house and eat with them...

*The people who give you their
food give you their heart.*

CESAR CHAVEZ

Welcome



Who is this book for?

This book is for anyone who believes food is more than fuel - it's a living record of who we are and where we come from. Every dish in these pages carries the memory of someone's table, the smell of a family kitchen, or the traditions that have travelled across oceans and generations. Whether you're a skilled home cook or just beginning, these recipes will help you explore flavours from around the world while learning how to honour the heritage behind them.

It's for families who want to keep cultural recipes alive, students reconnecting with flavours from childhood, and food lovers eager to discover the stories hidden in everyday meals. You'll find dishes that spark nostalgia, inspire curiosity, and invite conversations about identity, migration, and community.

Most of all, it's for those who share the Our World, Our Wellness belief that caring for our heritage also means caring for our planet. By cooking in ways that reduce waste, support local produce, and respect seasonal rhythms, you'll keep traditions alive while shaping a healthier future for the next generation.



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About the Authors

Our Story

We are the 2025 Be.Green cohort – the final group to grow, cook, and learn together under WEN's JUSTFACT funding. This cookbook is our love letter to the land, the kitchen, and the community that shaped us. We've dug in the garden, harvested honey, and shared meals that carry both heritage and hope. Through Be.Green, we've discovered that sustainable living isn't just about saving the planet – it's about nourishing each other, celebrating our cultures, and creating habits that last. These pages hold the recipes, memories, and lessons we want to pass on, so our community can keep eating well, living well, and caring for the earth we all call home.

Why we do what we do?

When we started Be.Green, many of us didn't know how to grow our own food or make meals from scratch. Over time, we've learned that planting seeds – in soil and in minds – can change lives. We've seen how cooking together sparks conversations, how sharing heritage recipes builds pride, and how even small actions can make a big environmental impact. As the last Be.Green cohort under WEN's JUSTFACT project, we want our work to inspire others to keep the cycle going. Because every bee we protect, every vegetable we grow, and every meal we share is a step towards a healthier, more connected, and more sustainable future for everyone.

Be.Green



What You'll Learn

01



Cook with culture



Wellness on the plate

Learn how to create meals that not only satisfy your appetite but also support your wellbeing. From vibrant plant-based options to balanced comfort foods, you'll discover how to adapt traditional recipes in ways that are nourishing without compromising their authentic character. You'll gain insights into seasonal cooking, sustainable ingredient choices, and the little tweaks that can make everyday meals healthier for both you and the planet.

02



03



Share and connect

Understand how food can be a powerful way to connect with others, whether you're cooking for one, a family gathering, or a community event. You'll find inspiration to host shared meals, turn cooking into a group activity, and use recipes as conversation starters about culture, health, and sustainability. In doing so, you'll see how sharing food strengthens relationships, fosters belonging, and keeps traditions alive.



The following ingredients used in this cook book, are available at our low-cost organic fruit & veg Food Coop:

Fruits

Bananas
Blueberries
Lemons
Strawberries

Vegetables

Asparagus
Bell Pepper
Garlic
Leeks
Mushrooms
Onions
Potatoes
Sweetcorn
Tomatoes

Herbs

Coriander
Parsley
Thyme

Other

Eggs

Visit www.leadersincommunity.org to get the most up to date info on when our Food Coop is running.



Let's Begin



Potato Leek Soup

Total
Cooking Time:

40
MINUTES

Total Servings:

FOR
2 PEOPLE

Cook Time

20-25
MINUTES

Prep Time

15-20
MINUTES



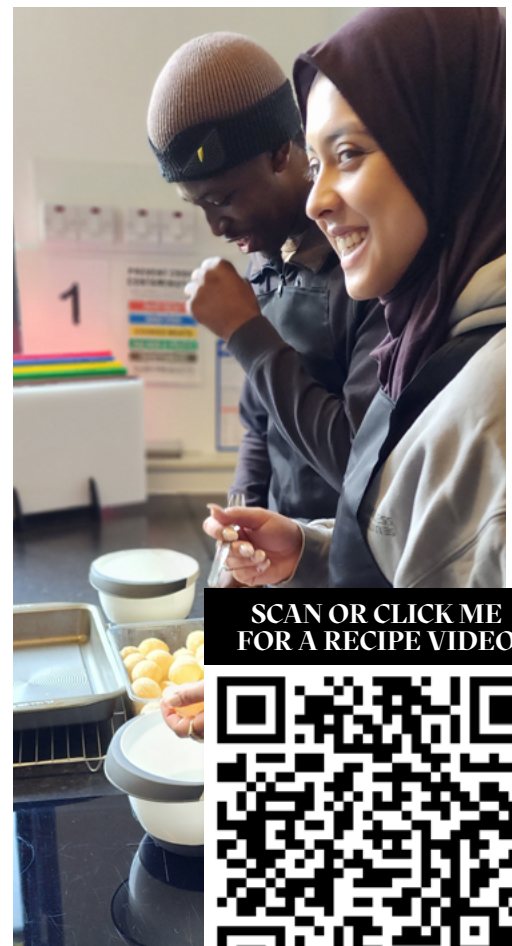
RECIPE BY:

Fatima

Ingredients:



- POTATOES X2
- LEEK X1
- ONION X1
- BLACK PEPPER
- SALT
- THYME
- BAY LEAVES
- VEGETABLE BROTH OR STOCK
- GREEK YOGURT X1POT
- YOUR FAVOURITE BREAD
- FRESH PARSLEY



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About this dish

The leek and potato soup takes me straight back to cold, rainy evenings in my grandmother's kitchen, when the smell of leeks and onions drifted through the house long before the soup was ready. This dish has its roots in European peasant cooking, especially in France, Wales, and Ireland. In Wales, leeks (cenhinen) are a national symbol of pride, while in France, potato and leek soup (potage parmentier) and its chilled cousin cold potato and leek soup (vichyssoise) show rustic elegance. Ireland embraced it for its comfort and simplicity. For me, it proves that food doesn't have to be elaborate to matter – it can be humble, warm, and made with love, and that's enough.



Steps to Take:

01. Leek-y Beginnings

Peel and boil the potatoes until tender, then slice the leeks and finely chop the onion. Do your preparation (mise en place) the way farmhouse cooks did before the pot hit the stove, so everything is ready for a comforting leek soup (soupe de poireaux).

03. Mijoter Magic

Add the boiled potatoes, vegetable broth, thyme, bay leaf, salt, and pepper. Let the soup simmer slowly (mijoter) so the flavors come together naturally, turning simple ingredients into something warm and nourishing.

02. Sauté à la Love

Warm a little butter or oil in a pot and gently sauté the leeks and onions until soft and fragrant. This slow sauté (faire revenir) builds sweetness and depth, the quiet start that makes rustic country soups taste so homely.

04. Velouté Vibes

Blend the pot into a silky-smooth soup (velouté), then stir in Greek yogurt for creaminess. Garnish with parsley and serve with crusty bread (pain croustillant) for a finish that feels like a hug on a rainy evening.

Pani Puri



Ingredients:

- 1 pack Pani Puri shells
- 2 large potatoes
- 1 tin/carton chickpeas
- 2 tbsp chaat masala
- ½ onion, finely diced
- ½ tsp salt
- ⅓ tsp chili powder (optional)
- Handful fresh coriander, chopped

For the Pani (Sauce):

- 500 ml water
- ½ bottle tamarind sauce
- Mint leaves, green chili, cumin powder, lemon juice to taste

RECIPE BY:

Sameerah

About this dish

Pani Puri is the taste of my childhood summers. On trips to visit family, we'd find the best crispy hollow puris (golgappa) stalls in the market, watching as the vendor worked at lightning speed to fill each puri with spicy, tangy water and chickpea-potato filling. Originating in northern India, it has countless regional versions - in Kolkata they call it phuchka (spiced water-filled snack), in Mumbai it's known for its bold, tangy teekha pani (spicy water). For me, it's more than a snack - it's the sound of laughter in a busy street, the joy of eating in one bite before it gets soggy, and the simple pleasure of sharing food with people you love.



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Overview:

 TOTAL COOKING TIME: 35 Minutes	 TOTAL SERVINGS: For 2 People
 COOKING TIME: 15 Minutes	 PREP TIME: 20 Minutes

Instructions:



O1. Puri-fect Puff

Heat oil in a deep pan and gently drop the puris in batches. Watch as they puff up (phool) golden and hollow, the signature texture of Indian street carts. Drain on paper towels, letting them cool while staying crisp, ready to cradle bold flavors inside.

O2. Masala Mash-up

Mash boiled potatoes (aloo) with chickpeas (chana), diced onion, chaat masala, a hint of chili (mirchi), salt, and lemon juice. This spicy, tangy mixture mirrors the quick, skillful blends prepared at Indian thelas, where vendors make every batch to taste.

O3. Teekha Splash

Blend mint (pudina), coriander (dhaniya), tamarind, cumin, chili, and lemon juice into cold water, making pani that is spicy (teekha) and zingy (chatpata). Chill it well, because true street-style Pani Puri is served icy cold for that refreshing kick.

O4. Ek-bite Delight

Crack the top of a puri, spoon in the filling, pour over the chilled pani, and eat it in one bite before it softens. This quick, joyful ritual is how Pani Puri is savored across India, laughter shared over every fiery, tangy explosion of flavor.

Tortilla De Patatas



TOTAL COOKING TIME:
45 - 55 MINUTES



TOTAL SERVINGS:
FOR 2 PEOPLE



PREP TIME:
15-20 MINUTES



COOKING TIME:
30-35 MINUTES

About this dish

Tortilla de Patatas is a Spanish classic served at breakfast, for tapas, or as a simple supper. It's built on patience and good olive oil (aceite de oliva), letting potatoes (patatas) and onion (cebolla) turn tender and sweet before meeting fluffy eggs (huevos). The proud moment is the confident flip (vuelta), a rite of passage in many homes. Passed from abuelas to new cooks, it's proof that a few ingredients, cooked slowly and shared warmly, can taste like home.

RECIPE BY:

Tasnim & Fatima



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Ingredients:

- 4 MEDIUM POTATOES
- 2 EGGS
- 2 WHITE ONIONS
- SALT TO TASTE
- BLACK PEPPER TO TASTE
- OLIVE OIL FOR FRYING



Instructions:

01. Preparar las Patatas

Peel and slice the potatoes (patatas) thinly, then slice the onion (cebolla) into soft strips. Keeping the pieces even helps them cook gently and melt together later, the way Spanish home cooks have done for generations.

02. Freír with Love

Warm plenty of olive oil (aceite de oliva) over a low flame and fry (freír) the potatoes with a pinch of salt. After a few minutes, add the onions and continue slowly until everything is tender but not browned, stirring now and then.

03. The Huevos Hug

Beat the eggs (huevos) with salt and pepper, then fold in the drained potato-onion mixture. Let it rest a few minutes so each slice absorbs the egg, a small pause that gives the tortilla its soft, custardy center.

04. The Perfect Vuelta

Heat a little reserved oil in a non-stick pan, pour in the mixture, and cook on low until the edges set. Cover with a plate and flip (vuelta) carefully, then slide back to finish. Serve warm or at room temperature in thick wedges for sharing.



No Rise Pizza



About this dish

Pizza might be an Italian classic, but for me, it sparks the same feeling as Bangladeshi savoury pastries (shingara) from my Bangladeshi background – small, delicious, and made in generous batches so everyone gets a taste. In Bangladesh, potato (alu) and carrot (gajor) shingara are a must when guests visit, fried until golden, and shared with the whole family. My mum would always make enough to go around, just like we do with pizza night. While pizza's history begins in Naples, where bakers perfected the tomato-and-cheese-topped flatbread, for me it's about that same tradition of gathering, cooking together, and making sure nobody leaves the table hungry.

RECIPE BY: *Mehran*



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TOTAL COOKING TIME:



30 - 40
MINUTES

PREPARATION TIME:



15 - 20
MINUTES

COOKING TIME:



15 - 20
MINUTES

TOTAL SERVINGS:



FOR 2
PEOPLE

Ingredients:



- 1 cup self-raising flour
- ½ cup Greek yogurt
- Olive oil for brushing
- 1 yellow bell pepper, sliced
- 1 red onion, thinly sliced
- Button mushrooms, sliced
- Black olives, sliced
- Sweetcorn kernels
- Shredded mozzarella cheese
- 1-2 cups tomato passata or pizza sauce
- Italian seasoning or oregano
- Salt and black pepper to taste

Instructions:

01. Impasto Love

Mix flour and yogurt until a soft dough (impasto) forms. Knead on a floured surface for several minutes, shaping it with care. This is how grandmothers across Italy have started pizza nights for generations, each dough made with love and patience.

02. Saucy Passata Magic

Spread tomato passata over the dough, seasoning with oregano, salt, and pepper. The aroma of fresh herbs rising from the sauce recalls the open markets of Naples, where pizza first won hearts centuries ago.

03. Toppings alla Famiglia

Layer mozzarella, bell peppers, onions, mushrooms, sweetcorn, and olives generously. Pizza in Italy is about abundance (abbondanza), made to be shared with family and friends around a lively dinner table.


04. La Dolce Bake

Layer mozzarella, bell peppers, onions, mushrooms, sweetcorn, and olives generously. Pizza in Italy is about abundance (abbondanza), made to be shared with family and friends around a lively dinner table.




Veggie Chilli


TOTAL TIME:

 60 - 70
MINUTES

PREPARATION
TIME:

 15 - 20
MINUTES

COOKING TIME:

 40 - 50
MINUTES

TOTAL SERVINGS:

 FOR 2
PEOPLE

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Ingredients:

- ½ CUP LENTILS
- ½ CUP RED KIDNEY BEANS
- 1 TBSP OLIVE OIL
- 2 FRESH MEDIUM TOMATOES, CHOPPED
- ½ RED BELL PEPPER, CHOPPED
- 1 TSP PAPRIKA
- 1 TSP TOMATO PASTE
- ½ TSP SALT
- ½ TSP BLACK PEPPER
- ¼ TSP CHILI FLAKES
- 1 MEDIUM WHITE ONION, CHOPPED
- 2 GARLIC CLOVES, CRUSHED

About this dish

For me, chilli con carne is the ultimate comfort pot - a dish you set to simmer and let fill the house with its smoky, spicy aroma. Though the name means “chilli with meat” in Spanish, I grew up enjoying the vegetarian version made with lentils and beans, a tradition in many South Asian homes where plant-based meals are the norm. The slow cooking allows the paprika, chilli, and tomato to deepen into a rich sauce that clings to every spoonful. My favourite memory is ladling it over warm rice while friends sat around the table, each adding their own twist - extra chilli flakes, a dollop of yoghurt, or fresh coriander for brightness.

RECIPE BY:

Tasnim

Instructions:

01. The Sofrito Start

Heat olive oil and slowly cook onion and garlic, the base known as sofrito (flavor foundation) in Spanish kitchens. This step brings a sweet aroma and depth that makes chilli taste like it has been simmering all day.

02. Veggie Fiesta

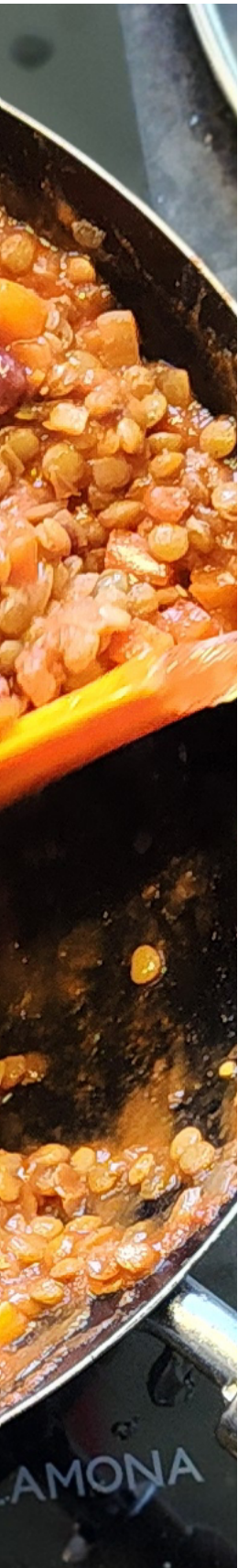
Add chopped tomatoes, bell pepper, and tomato paste, cooking until they soften and meld. These bright colors and rich smells mirror the lively spirit of Mexican markets, where every dish bursts with freshness.

03. Beans and Spice Time

Stir in cooked lentils, kidney beans, paprika, chili flakes, salt, and pepper. This is where the chilli becomes spicy (picante) and hearty, a satisfying meal once born of necessity but now beloved worldwide for its bold taste.

04. Slow Simmer Amor

Let everything bubble gently for 30–40 minutes, adding a splash of water if it thickens too much. The long simmer lets the spices infuse the beans, creating a comforting chilli meant to be served with warmth and love (cariño).



Crepes



Ingredients:



- ½ CUP PLAIN FLOUR
- 1 EGG
- ¾ CUP MILK
- ½ TBSP BUTTER (MELTED)
- A PINCH OF SALT
- ½ TBSP BROWN SUGAR (OPTIONAL)
- ¼ TSP VANILLA EXTRACT (OPTIONAL)
- FRESH STRAWBERRIES, SLICED
- FRESH BLUEBERRIES
- 1 SMALL BANANA, SLICED
- ORGANIC HONEY, TO DRIZZLE
- WHIPPED CREAM, FOR SERVING

Total
Cooking Time:

20 - 25
MINUTES

Total Servings:

FOR
2 PEOPLE

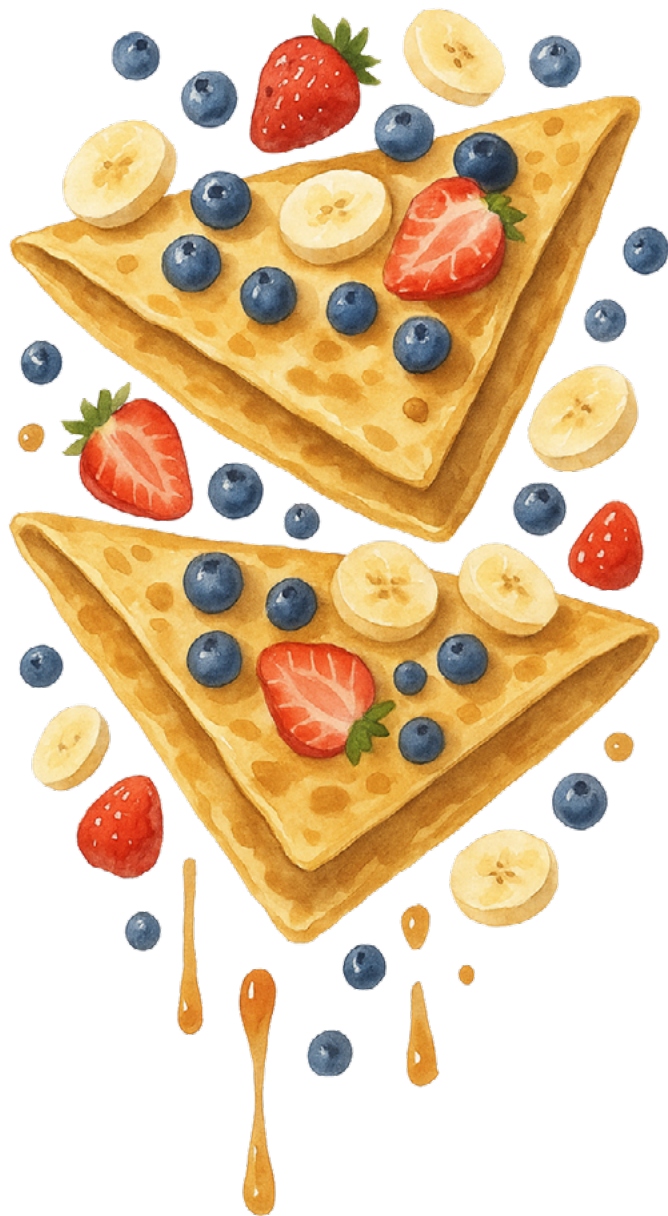
Cook Time:

10
MINUTES

Prep Time:

15-20
MINUTES





About this dish

Crepes remind me of the joy of sharing food with family, much like the treats I grew up with that brought everyone to the table. They have their roots in Brittany, France, where they were first made from buckwheat (blé noir) in the 13th century before the delicate wheat crepes (crêpes de froment) became popular. In my home, they're a canvas for creativity – whether topped with fresh fruit, cream, or just a drizzle of honey, the fun is in making them together. For me, crepes are about that sense of togetherness, the warmth of a shared breakfast or dessert, and the way a simple recipe can turn into something special when enjoyed with the people you love.

RECIPE BY:

Mariam

Instructions:

O1. Making the Pâte

Whisk flour, egg, milk, melted butter, sugar, and salt until you have a silky-smooth batter. This is the heart of every good crepe, a French tradition that transforms simple ingredients into something elegant.

O2. La Pause Resting

Let the batter rest for 15–30 minutes, a classic French step that gives crepes their tender texture. This rest allows the flour to fully hydrate, making each crepe soft yet strong enough to hold delicious fillings.

O3. La Flip Artistry

Pour a thin layer of batter into a lightly buttered pan, swirling it evenly. Cook until golden, then practice the famous tourner (flip)-a fun challenge in every French home that brings smiles and sometimes laughter to the kitchen.

O4. À la Maison Topping

Fill or top the crepes with strawberries, blueberries, bananas, a drizzle of honey, and a dollop of whipped cream. Served homemade, they capture the warmth and sweetness of French family breakfasts.

Tomato and Asparagus Pasta



Total
Cooking Time:

25-30
MINUTES

Total Servings:

FOR
2 PEOPLE

Cook Time

15
MINUTES

Prep Time

10-15
MINUTES

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About this dish



This pasta feels like spring on a plate. I first made it during university, when asparagus was just coming into season and the markets were full of fresh produce. Though pasta is Italian, the spring (primavera) style - tossing it with fresh vegetables rather than heavy sauces - has always appealed to me. I love how the asparagus keeps a little snap, and the tomatoes melt into a light, sweet sauce that clings to the pasta. In my kitchen, it's a weeknight favourite, ready in under half an hour but tasting like something you'd order on holiday.

RECIPE BY: *Mehran*

Ingredients:



- 150–180G PENNE PASTA
- 2 VINE TOMATOES, CHOPPED
- 6–8 ASPARAGUS SPEARS, CHOPPED INTO 2–3 CM PIECES
- 1 ONION, SLICED
- 2 GARLIC CLOVES, MINCED
- FRESH CORIANDER, CHOPPED (FOR GARNISH)
- OLIVE OIL
- SALT AND BLACK PEPPER TO TASTE



Instructions:



01

Perfect Al Dente

Boil the pasta in salted water until firm to the bite (al dente). This is the Italian way to ensure the pasta holds its shape and sauce. Reserve a splash of pasta water before draining for later use in the sauce.

03

Asparagus & Pomodoro

Add asparagus pieces and chopped tomatoes, cooking until the vegetables soften and release their juices. This tomato sauce is fresh and light, like spring in Italy.

02

Olio e Aglio Start

Heat olive oil in a pan, adding sliced onion and minced garlic. This oil and garlic (olio e aglio) base is a cornerstone of Italian cooking, infusing the dish with aromatic depth from the very first step.

04

Toss & Serve

Toss the pasta into the sauce with a splash of reserved pasta water for silkiness. Garnish with fresh coriander, drizzle with extra virgin olive oil, and serve immediately for a dish full of sunshine and simple Italian charm.



Coriander Rice

About this dish



Coriander rice always reminds me of my mum's cooking - how she'd add coriander (dhaniya) at the very end so its fragrance stayed fresh and bright. This recipe has influences from Indian and Middle Eastern kitchens, where spiced rice is a staple for gatherings. The peas and broad beans add sweetness, while the cumin and turmeric bring warmth. For me, the best part is the versatility - it's just as good with a curry as it is on its own with a spoonful of yoghurt. It's a dish that feels like home, no matter where you eat it.

RECIPE BY:

Tasnim



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Total
Cooking Time:

25-30
MINUTES

Total Servings:

FOR
2 PEOPLE

Cook Time

15-20
MINUTES

Prep Time

10
MINUTES

Ingredients:



- ½ CUP BROAD BEANS (FRESH)
- ¼ TSP CORIANDER POWDER
- ¼ CUP PEAS (FRESH)
- ¼ TSP GARAM MASALA (FOR GARNISH)
- ½ ONION, FINELY CHOPPED
- 1 TBSP OIL
- 1 TOMATO, CHOPPED
- SALT, TO TASTE
- 1 GARLIC CLOVE, MINCED
- FRESH CORIANDER, CHOPPED (FOR GARNISH)
- ½ INCH GINGER, GRATED
- ¼ TSP CUMIN SEEDS
- ½ CUP BASMATI RICE
- ¼ TSP TURMERIC
- 1 CUP WATER



Instructions:



01. Cook the Chawal

Rinse the basmati rice well, then cook in salted water until fluffy. In India, perfectly cooked rice is never sticky—it's each grain separate, light, and ready to absorb the flavors from the spices.

03. Masala & Veggies

Add onion, garlic, ginger, turmeric, and coriander powder, cooking until fragrant. Stir in tomato, peas, and broad beans. This simple spice mix (masala) forms the flavorful backbone of the coriander rice.

02. The Tadka Magic

Heat oil in a pan and add cumin seeds until they sizzle. This is tempering (tadka), a foundational Indian cooking method that blooms spices in hot oil, releasing their aroma and flavor into the dish.

04. Dhaniya Freshness

Mix the cooked rice into the pan, tossing to coat with the spiced vegetables. Garnish generously with fresh coriander (dhaniya) and a pinch of garam masala, serving hot for a bright, aromatic finish.

Fry Cakes

Total
Cooking Time:

25-30
MINUTES

Cook Time

15-20
MINUTES

Total Servings:

FOR
2 PEOPLE

Prep Time

10
MINUTES

About this dish

Frycakes take me back to lazy weekend mornings when the smell of sweet batter filled the kitchen. In my family, we never rushed them - they were a slow, indulgent breakfast. This recipe, inspired by Caribbean fritters (small fried cakes), turns overripe bananas into something golden, fluffy, and irresistible. I learned early that the best frycakes are cooked slowly so they develop that slightly crisp edge with a soft middle. My favourite part is deciding whether to mash the bananas into the batter for a sweet uniform flavour or slice them in so you get little bursts of banana with every bite. Either way, they're pure comfort on a plate.

RECIPE BY:

Auri

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Ingredients:



- *2 ripe bananas*
- *2 cups all-purpose flour*
- *½ cup brown sugar*
- *1½ cups milk (or oat milk alternative)*
- *1 tbsp baking powder*
- *Sunflower oil for frying*

Instructions:

01. Mix It Up

In a bowl, combine flour, brown sugar, baking powder, and milk until smooth. Mash bananas for a uniform texture or slice them for bites of sweetness - both methods are common in Caribbean home cooking.

02. Heat the Oil

Warm sunflower oil in a frying pan until hot enough for the batter to sizzle. Caribbean cooks rely on sound and smell to know when the oil is ready, a skill passed down from generation to generation.

03. Golden Fry Time

Scoop batter into the hot oil using a half-cup measure. Let each fry cake cook until golden spots appear, then flip carefully. The gentle bubbling and sweet aroma are part of the joy of making them.

04. Serve While Limin'

Drain on paper towels and serve warm. In the Caribbean, fry cakes are often enjoyed while relaxing with loved ones, best eaten fresh before the crisp edges soften.



Some of our learnings



How Cooking Together Shaped Our Sustainability Journey

Through Be.Green's Our World, Our Wellness campaign, we discovered that climate-conscious cooking is both simple and deeply rewarding. Choosing local, seasonal ingredients like Co-op vegetables, or using food loops, reduced waste and supported ethical sourcing.

Many dishes – from puff puff to sushi nigiri – adapted to plant-based or low-impact swaps without losing flavour. Participants shared that these changes made meals healthier, cheaper, and more inclusive. Beyond recipes, we learned that sustainable cooking connects cultures, honours traditions, and empowers communities to eat well while caring for the planet.



*When we protect the earth,
we feed ourselves twice – once
with the harvest, and again
with the hope it brings.*

VANDANA SHIVA



01

Reducing Food Waste →

In every recipe we cooked, from puff puff to tortilla de patatas, we found ways to use every part of our ingredients. Potato peels went into stocks, overripe bananas sweetened fry-cakes, and leftover herbs became flavourful bases for sauces. This practice didn't just save money - it helped us understand that reducing food waste is one of the simplest, most powerful climate actions we can take in our kitchens.



03

Making Cultural Connections →

Every dish told a story - of a grandmother's kitchen, a street vendor's stall, or a family celebration halfway across the world. From Haiti to Bangladesh, Spain to Sierra Leone, we saw how cultural food traditions carry deep lessons in resourcefulness, flavour, and respect for the land. Cooking together reminded us that sustainability isn't just about how we cook - it's also about why we cook.



02

Cooking with Local & Seasonal Produce ←

By sourcing vegetables from the LiC Food co-op, we cut down on unnecessary transport emissions and supported small-scale growers. Ingredients like broad beans, leeks, and asparagus became not just recipe components, but reminders that eating in season keeps our meals fresher, tastier, and more sustainable.



04

Health and Wellness in Every Bite ←

The Our World, Our Wellness campaign is about more than just environmental care - it's about caring for ourselves and our communities. By balancing indulgent favourites with nutrient-rich, plant-forward meals, we learned that climate-conscious cooking can also mean better health, more energy, and meals that bring people together in joyful, nourishing ways.

Thank You For Reading



Summary of the Book

This book has been created as part of Our World, Our Wellness, a campaign that celebrates food as a bridge between wellness, sustainability, and cultural connection. We believe that the meals we share have the power to nourish far beyond the plate - they strengthen bonds, tell our stories, and remind us that caring for ourselves and our communities can go hand in hand with caring for the planet. Within these pages, you've explored recipes rooted in traditions from around the world, each brought to life by the voices and memories of the people who know them best.

Our hope is that these recipes inspire you to cook with heart, to value the ingredients you choose, and to enjoy the simple act of sitting down together. Whether you try something new or revisit a familiar favourite, may these dishes encourage mindful, joyful eating. Food is more than sustenance - it is memory, culture, and the universal language of togetherness. As you carry these stories into your own kitchen, we invite you to make them your own, share them widely, and continue building a world where wellness is a shared journey.

Let's Keep the Story Cooking

Everytime we share a meal, we share a piece of ourselves. Our heritage recipes are more than instructions - they are living connections to the people, places, and histories that shaped us. When we keep these traditions alive, we honour the generations before us and gift something precious to the generations to come.

Let's use food as a bridge - to build friendships across cultures, to learn from one another, and to strengthen our communities through shared tables and shared stories. By choosing to cook and eat sustainably, we protect not only our planet but also the roots of our food traditions, ensuring they flourish in a changing world.

Food justice means everyone deserves access to nourishing, culturally relevant meals. Together, we can make that a reality - one recipe, one conversation, and one shared plate at a time.





A special thanks to Women's Environmental Network, and the JUSTFACT team

We want to give our heartfelt thanks to the Women's Environmental Network and the JUSTFACT team for their unwavering support over the past five years. Your encouragement has been felt in every way - financial, emotional, and practical - and it has carried us through challenges and milestones alike. One of the most meaningful examples of this impact is the inspiration you gave us, and our young people, to start the Our World, Our Wellness campaign. The work you've done alongside us has left a lasting mark on our charity and the lives of the young people we work with. You've helped us grow, dream bigger, and believe in what's possible, and for that we are endlessly grateful.



SIGNATURES












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Wen.

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