Week 8
Compassion and Community
What is a Community? What does a community look like?
Are one community’s tastes different/similar from another? Why?

How can we be more Compassionate?
What does compassion feel like? What does compassion taste like?
How does Compassion tie into Rosh Hashana?

What is Rosh Hashana?
What are the simanim?
What does Rosh Hashana taste like?
How is Rosh Hashana celebrated in other countries?
All recipes listed below have one or more ingredients typically used in Rosh Hashana cooking

This Week We Will Be Visiting the Caribbean and South America

Monday
DOMINICAN REPUBLIC Morir Sonando and Guacamole
Morir Sonando
¾ cup milk (dairy or plant-based)
¼ cup orange juice
1 tsp vanilla
3-5 ice cubes
1 tb sugar, honey or agave
1 lime or lemon
Supplies: 1 large cup, measuring cups/spoons, spoon, towel, napkins, straw (optional)
Guacamole
1-2 ripe avocados
1 scallion or small wedge or red onion (optional)
1 small tomato or 10 cherry tomatoes
1 lime or lemon
1 small bunch cilantro
Pinch of salt (optional) to taste
1 dash pepper flakes (totally optional!)
Supplies: 1 cutting board, 1 child-safe knife, 1 bowl, 1 fork, napkin, towel
Tuesday
Peruvian Corn and Lima Bean Pasta la Perfeccion!
½ box cooked short pasta, cooled and at room temperature
1 sweet potato, cooked and cooled (optional)
½ can corn, drained
½ can lima beans, drained
¼ cup black olives
1 small wedge red onion (optional)
¼ cup feta cheese (can substitute other similar cheese)
2-3 tablespoons mayo (can be plant-based)
1 tsp vinegar
½ tsp salt
½ tablespoon parsley
½ lemon or lime
1 tsp agave (optional)
Supplies: 1 cutting board, 1 child-safe knife, 1 large bowl, 1 smaller bowl, 1 fork, napkin, and towel

Wednesday
Bolivian Salad in A Jar Please read the supply list, thank you!
½ can heart of palm, drained
½ can black eyes peas, drained and rinsed (optional)
1 red pepper
1 cucumber
1 scallion
1 tomato
1 stalk of celery
3-5 leaves of Romaine, Red Leaf, Green Leaf (etc) Lettuce
2 limes
2 Tablespoons olive (or other similar oil)
Salt, pepper
Supplies: 1 cutting board, 1 child-safe knife, 1 mason jar with a lid or other similar see-through bowl or cup and cover, 1 fork, napkin, and towel
**Thursday**

ARGENTINA Rosh Hashana Challah in A Bag and Chimichurri

**Challah** *Argentina is one of the world's largest food producers*

3-4 c. all-purpose flour, divided (flour will be added in increments)

¼ c. sugar

2-3 Tablespoons Honey

1 package active dry yeast

1 c. warm water

3 tbsp. extra-virgin olive oil

2 tsp. kosher salt

**Chimichurri**

1 cup firmly packed fresh flat-leaf parsley, trimmed of thick stems

3-4 garlic cloves

1/3 cup extra virgin olive oil

2 tablespoons red or white wine vinegar

Pita bread, crackers, carrot/celery sticks

**Supplies:** 2 gallon-sized or larger ziplock bag, 1 pot, 2 round baking pans (metal or aluminum) 2 clean kitchen towels, spray oil, 1 bowl, 1 cutting board, 1 child-safe knife

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**Friday SHABBAT!**

BRAZIL **SIMANIM FRUIT SALAD** and a **FRUIT ANIMAL**

**FOR THE SALAD:** please choose all or some fruits

5 fresh or dried figs

1 pomegranate

1 orange

5 dates

1 box of blueberries

1 **passionfruit**

1 kiwi

1 mango

1-2 limes or lemons

¼-½ cup orange juice

2-3 tablespoons honey, maple or agave

Fresh mint (optional)

**FOR THE FRUIT ANIMAL:**

5 strawberries

1 banana

2 green grapes

4 pretzels sticks

2 raisins

**Supplies:** 1 cutting board, 1 child-safe knife, 1 large bowl, 1 small bowl, 1 plate, 1 fork, napkin/towel