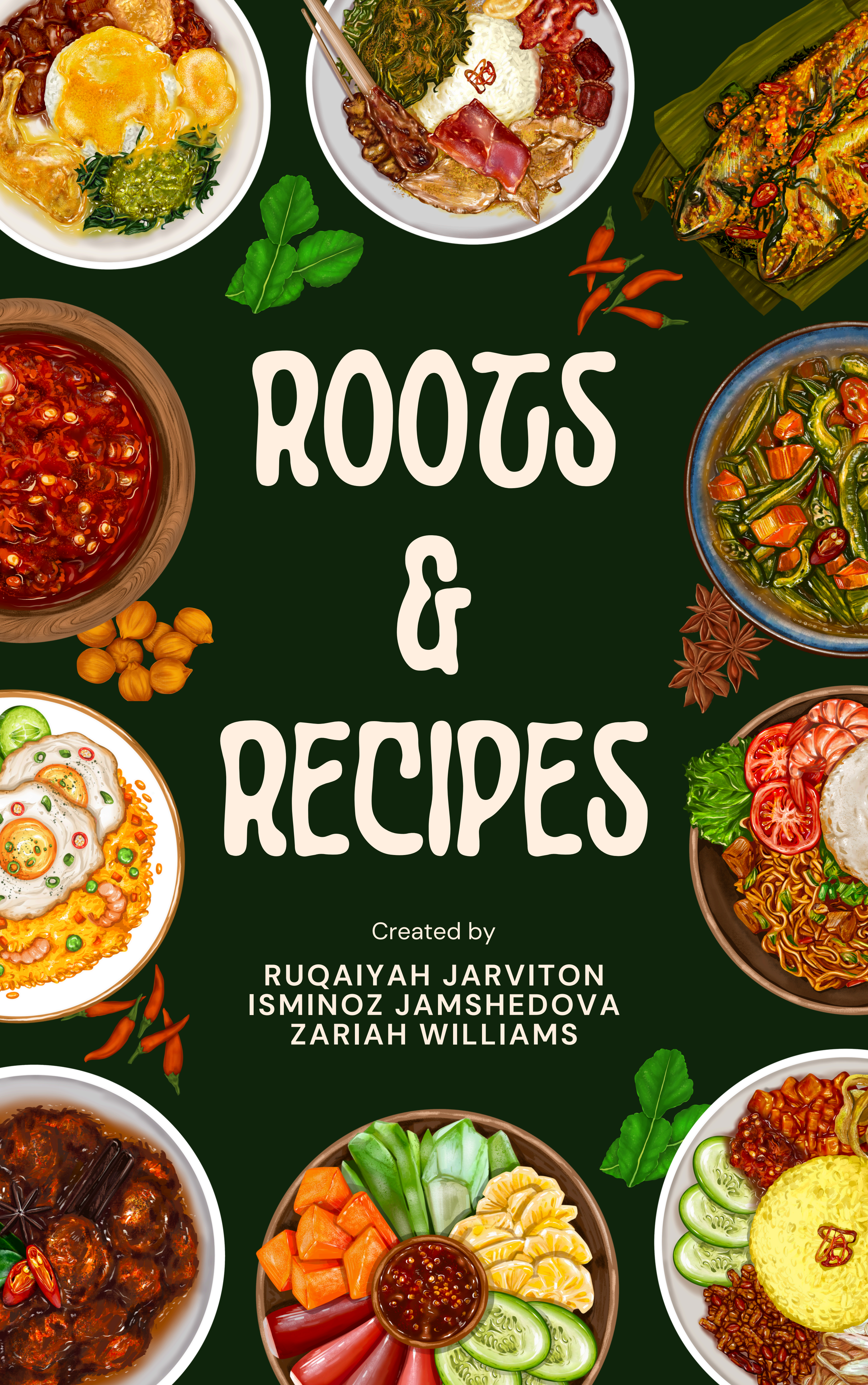




ROOTS & RECIPES

Created by

RUQAIYAH JARVITON
ISMINOZ JAMSHEDOVA
ZARIAH WILLIAMS

About the Project

Welcome to the Roots & Recipes Cookbook!

We're thrilled to share this collection of recipes created by and for the Concordia University community. Your authors, Zariah Williams, Isminoz Jamshedova, and Ruqaiyah Jarviton, came together to build this cookbook out of a shared passion for diverse, sustainable food options. This project would not have been possible without the incredible contributions of students, staff, and community members who submitted recipes, shared knowledge, and helped bring this vision to life.

This is more than just a cookbook. Within these pages, you'll find not only delicious recipes but also a celebration of food sovereignty, sustainability, and cultural diversity. We've curated 19 recipes spanning breakfasts, drinks, desserts, and main dishes, each one a reflection of the rich and varied backgrounds that make up Concordia and Montreal. Our goal is to spark conversations about sustainability through the lens of diaspora food traditions because sustainable eating shouldn't come at the cost of cultural heritage.



Zariah Williams



Isminoz Jamshedova



Ruqaiyah Jarviton



Too often, mainstream sustainability discourse overlooks the cuisines of immigrant communities simply because certain ingredients are not widely grown or available in Canada. With this project, we aim to challenge that narrative. The recipes in this book come from over 15 different countries and are mostly vegetarian, vegan, or can be easily adapted. We encourage you to source ingredients locally whenever possible, supporting small-scale Canadian farmers and ethical food systems. And where ingredients can't be found locally, we urge you to support small, independent businesses that bring global flavors to our communities.

Sustainability is not about erasing traditions; it's about finding ways to preserve them in harmony with the environment. Through home cooking, we can reduce food waste, connect more deeply with what we eat, and recognise that food is so much more than just fuel - *it's land, it's power, it's culture, it's life.*

We hope this cookbook inspires you to try something new, whether it's a dish from a culture unfamiliar to you or a fresh way to think about sustainability. If you're looking for even more recipes and resources, be sure to visit our website, where you'll find an expanded collection of dishes and information on sustainable food practices.

This project is part of our role as Student Ambassadors under the Student Sustainability Ambassadors Program at Concordia, and we're grateful for the support that made this cookbook, website, and launch event possible. If you're interested in leading your own sustainability initiative on campus, we encourage you to apply through the Office of Sustainability.

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Symbols

- Vegan Recipe: 
- Can be made vegan with a simple swap: 

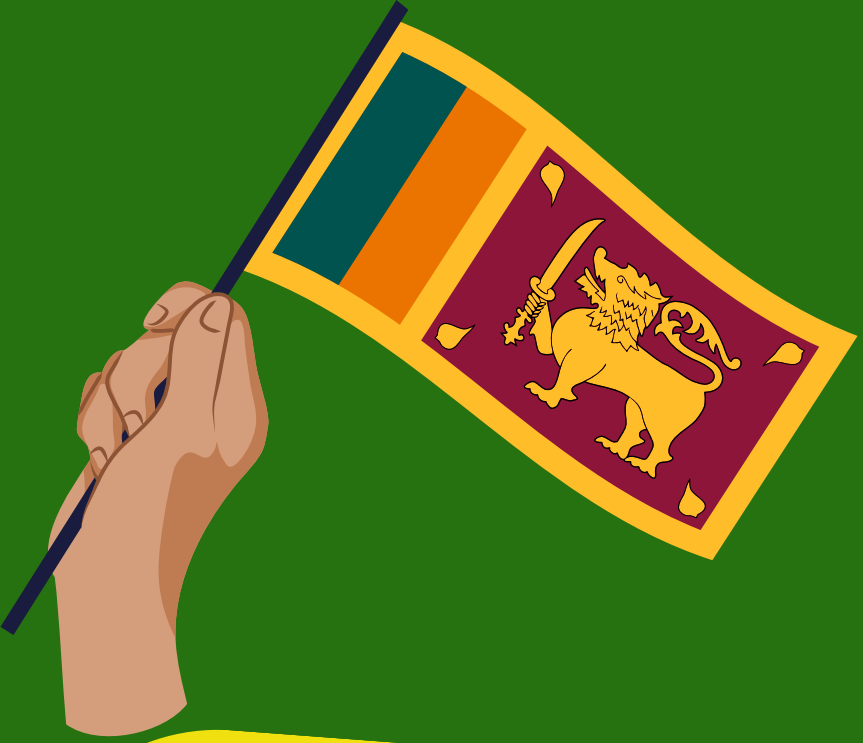
WHERE TO SHOP

Before we dive into the recipes, we'd like to share a list of places recommended by the Concordia community for sourcing ingredients. Some of these ingredients can be hard to find, especially for international or culturally specific recipes. Exploring these options not only expands your culinary possibilities but also supports diversity and sustainability.



- **Supermarché Mizan:** Family-owned, near Concordia, specialising in Mediterranean and South Asian foods.
- **Jean Talon Market:** Local produce, small shopkeepers, seasonal specialties.
- **Rocky Montana:** Fresh produce, known for Caribbean products.
- **Marché Atwater:** Seasonal, local, and artisan goods.
- **Marché West-Island:** West Indian and Caribbean products.
- **Vert Pomme (Verdun):** Mostly packaging-free produce.
- **Le Marché Ganesh:** Indian grocery with a wide range of essentials.
- **New Madina Supermarket:** Indian & Bangladeshi sweets, spices, legumes, frozen foods.
- **Marché Newon:** Chinese, Japanese, Vietnamese, Korean, and Indian groceries.
- **Marché Oriental Jang Teu:** Asian delicacies, ready-to-eat meals, meats, and spices.
- **Épicerie Loco:** Eco-friendly, zero-waste grocery.
- **Marché Ghanaican:** African grocery store.
- **Marché Adonis:** Middle Eastern, Lebanese, and Mediterranean products.





Break

KIRIBATH WITH LUNU MIRIS



Kiribath

- Rinse the rice three times.
- Add 3 cups water, cardamom, and rice to a saucepan.
- Boil, then simmer covered for 15 minutes until water is mostly absorbed.
- Stir in coconut milk and salt, cooking until thick and creamy (about 5 minutes).
- Discard cardamom, spread rice into a rectangle on a baking tray, and flatten. Let set for 5 minutes, then cut into squares or diamonds.

Lunu Miris

- Mash fresh chilli, red chilli flakes, and 1 cup onion together.
- Mix with another cup of chopped onion, lime juice, and salt. Serve with kiribath.



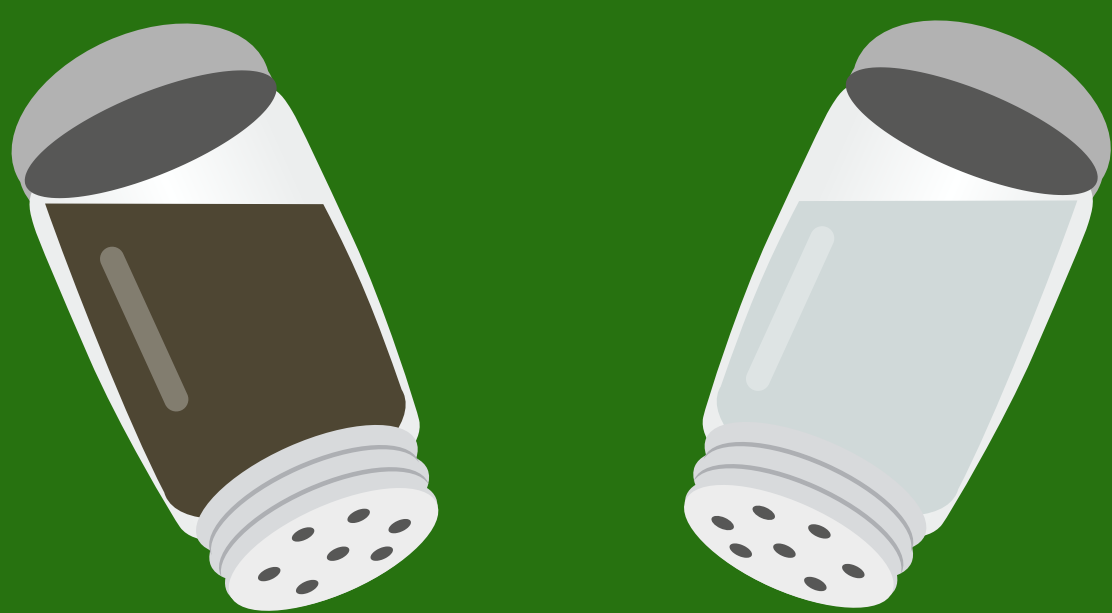
Ingredients

- 1/2 cup uncooked short-grain rice
- 3 cups water, plus more for rinsing rice
- 2 cardamom pods (optional)
- 1 (13 1/2 -ounce) can coconut milk
- 1/2 teaspoon salt
- 2 cups finely chopped red onion
- 1 1/2 tablespoons finely chopped fresh red chilli
- 2 tablespoons fresh lime juice
- 1 1/2 teaspoons salt
- 3 tablespoon red chilli flakes

Origin: Sri Lanka
Source: Prasadini Amarasena

Fast

Pickled Quail Eggs



Ingredients

Quail eggs
White vinegar
Water
Garlic
Dill
Pepper
Salt
Sugar
Black cumin

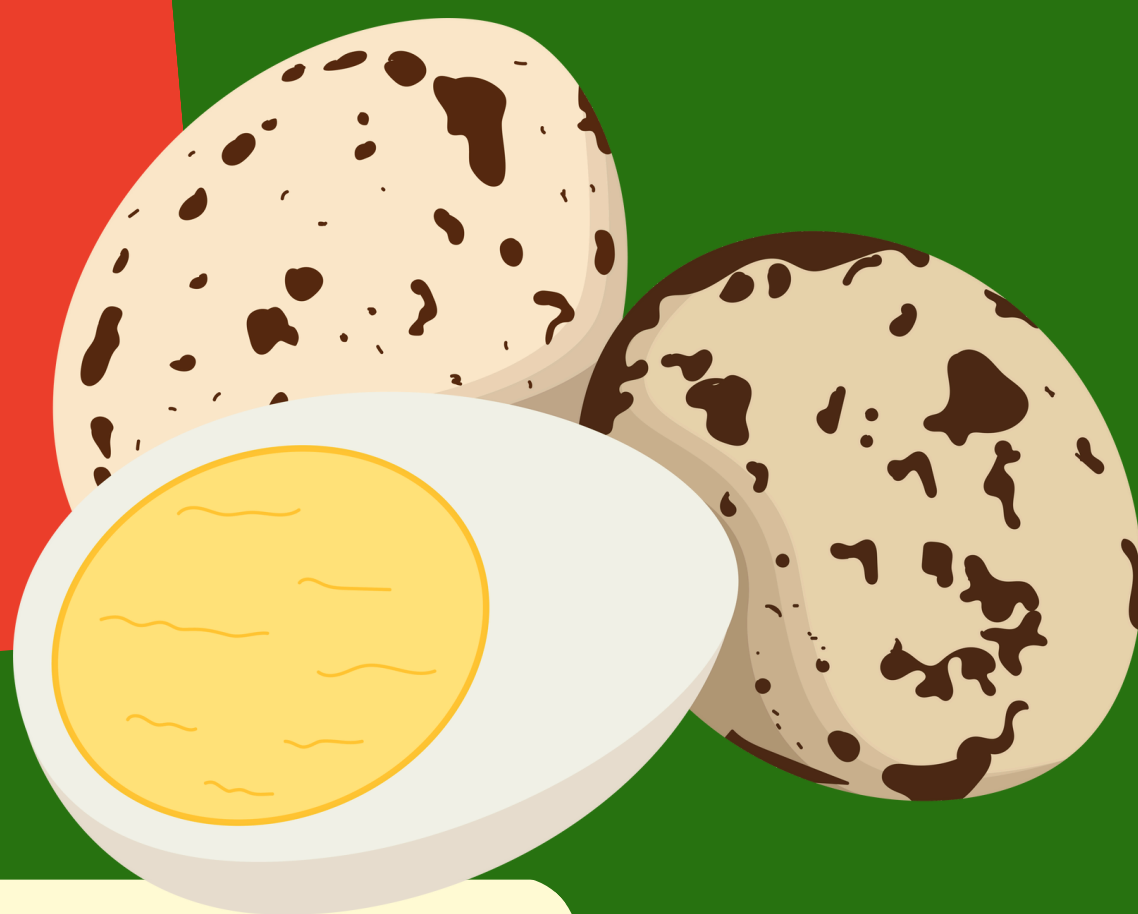
Bake

!5 minutes

Serving

Up to you :)

- **Boil & Peel:** Boil eggs for 4 minutes, cool them in an ice bath for 5 minutes, and peel.
- **Brine:** Boil vinegar, water, sugar, salt, garlic, cumin, pepper, and dill. Simmer for 2 minutes.
- **Pickle:** Place eggs in a jar, pour in warm brine, and seal.
- **Marinate:** Refrigerate 24 hrs (best after 3–5 days). Keeps 1 month.
- **Serve for breakfast**



Origin: Yemen

Source: Mohammed Al-Duais

03

Red Lentil Curry



Ingredients



1 cup red lentils, rinsed

1 tbsp of any kind of oil

1 medium onion, finely chopped

2 garlic cloves, minced

1-inch piece of ginger, minced or grated

2 medium tomatoes, diced

1 tsp turmeric powder

1 tsp ground cumin

1 tsp ground coriander

1 tsp garam masala

2 green chilies, finely chopped

1/2 tsp red chili powder

1 tablespoon lemon juice

4 cups water or vegetable broth

1 cup of chopped fresh cilantro

Salt and peppers to taste

2 cups of basmati rice or 4 naans, for the serving

- Chop onions, tomatoes, cilantro, garlic, and ginger (plus chilies if using).
- Rinse lentils until the water runs clear.
- Sauté onions in oil until golden, then add garlic, ginger, and chilies.
- Stir in spices and toast for 30 seconds.
- Add tomatoes and cook until soft.
- Stir in lentils, then add water or broth and bring to a boil.
- Simmer for 20–25 minutes until creamy.
- Add coconut milk and simmer for 5 more minutes.
- Season with salt and pepper; garnish with cilantro and lime.
- Serve with rice or naan.

Origin: India
Source: Helene Nguyen

Kimchi Jjigae



Bake

1 Hour

Ingredients



- 1L Kimchi
- 500g Block of semi firm tofu
- 200g Burdock root
- 200g Pickled daikon
- 4oz Soy sauce
- 1 oz Rice wine vinegar
- 3L Water

- Use scissors to cut the kimchi into bite-sized pieces.
- Roughly chop the burdock root and pickled daikon, then cube the tofu.
- Add everything to a large pot along with the liquid ingredients.
- Bring to a boil, then reduce to medium-low and let it simmer until ready to serve.
- Enjoy with a side of rice.

Origin: Korea
Source: Joshua George

Origin: Iran
Source: Mahyar Falsafi

Ingredients

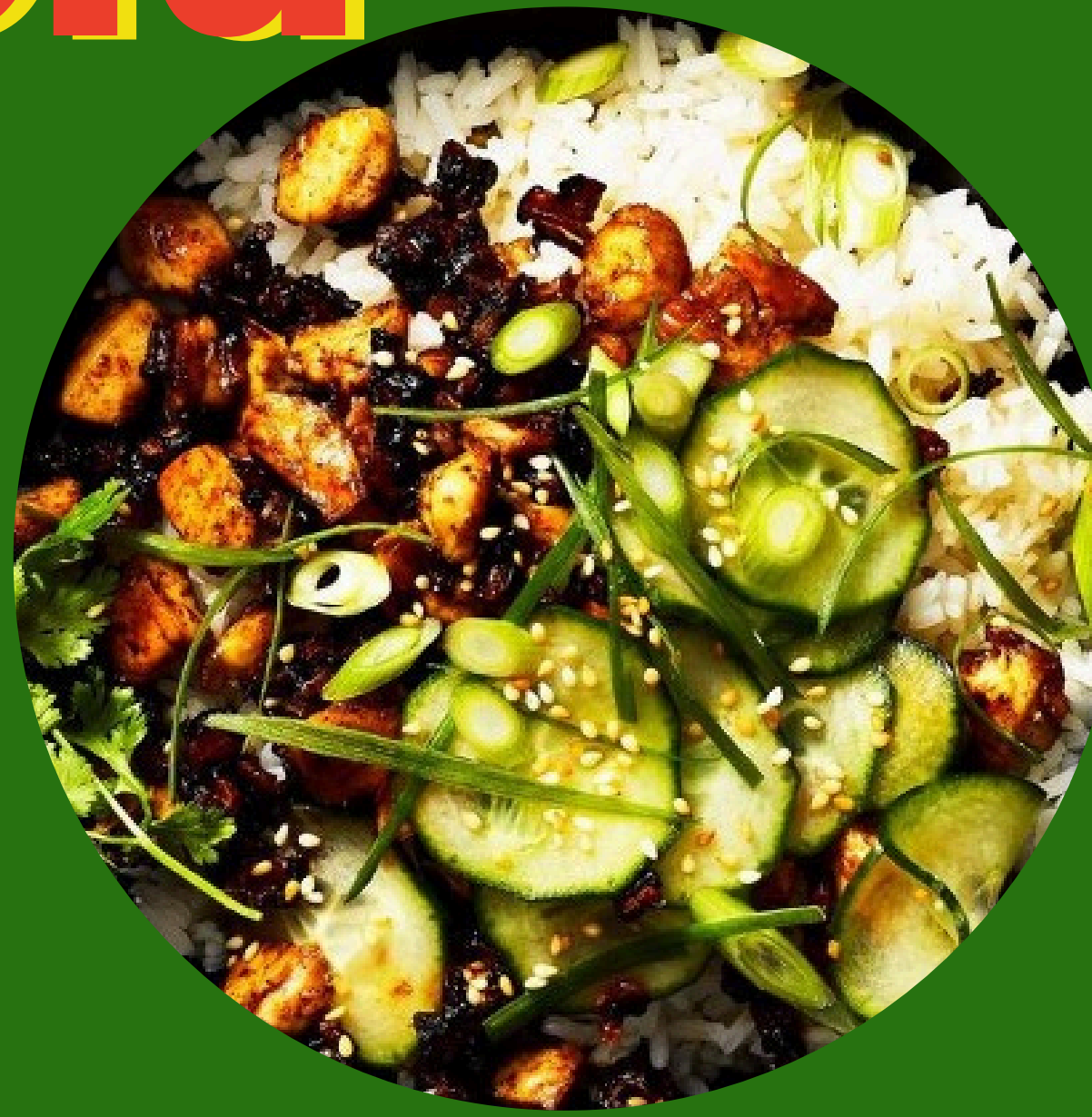
- 500g Okra (fresh or frozen)
- 300g Beef or lamb (optional- tofu alternative)
- 2 medium Onions, finely chopped
- 2-3 cloves Garlic, minced
- 4 medium Tomatoes, blended (or 400g crushed tomatoes)
- 2 tablespoons Tomato paste
- 1 teaspoon Turmeric
- ½ teaspoon Cinnamon (optional)
- Salt and pepper to taste
- 4-5 tablespoons Vegetable oil
- 2-3 cups Water (adjust for consistency)
- 2-3 tablespoons Lemon juice
- 2 tablespoons Almond slivers, lightly toasted
- 2 tablespoons Barberries (zereshk), rinsed and soaked briefly
- A pinch Saffron, dissolved in 2-3 tablespoons hot water

- **Sauté Aromatics:** Heat oil, cook onions until golden, then add garlic and sauté for a minute.
- **Cook Meat:** Cook meat until browned, season with turmeric, cinnamon (if using), salt, and pepper.
- **Add Tomatoes:** Stir in blended tomatoes and tomato paste; simmer for 5-7 minutes.
- **Simmer:** Add water and dried lime (or lemon juice), cover, and cook for 30-40 minutes.
- **Prepare Okra:** Sauté okra separately to reduce sliminess, then add to the stew and simmer for 15-20 minutes.
- **Finish & Garnish:** Dissolve saffron in water and stir in. Toast almonds and sauté barberries, then add to the stew or use as garnish.
- **Serve:** Enjoy hot with cooked rice.



Persian Okra Stew

Sticky Tofu Bowl



Bake 30 minutes

Serving 2–4 people

Ingredients



- Basmati rice (white or parboiled)
- 1–2 blocks extra-firm tofu
- 3 small English cucumbers, thinly sliced
- 1 kg Shiitake or oyster mushrooms
- Chinese five-spice powder
- Kosher salt
- Rice vinegar
- Soy sauce
- Dark brown sugar
- Chili garlic sauce or hoisin sauce
- Sliced scallions,
- Sesame seeds, and cilantro for serving

- **Cook rice to your liking.**
- **Rinse, dry, and cube tofu; season with spices and oil.**
- **Slice cucumbers, mix with vinegar and salt.**
- **Toss mushrooms with oil and spices.**
- **Roast or fry mushrooms for 5–10 minutes.**
- **Add tofu, cook for another 5–7 minutes.**
- **Mix soy sauce, sugar, and chili garlic sauce; pour over tofu and mushrooms, simmer for 2 minutes.**
- **Serve over rice, garnished with cucumbers, scallions, sesame seeds, and cilantro.**

Source: Xspensive Cuisine

XSPENCIVE CUISINE



To take a little break from recipes, we thought we'd give a shoutout to one of our supporters and a good model for combining sustainability and diversity.

Xspencive Cuisine is a company that works with campus organisations like Le Frigo Vert to supply the nutritious, sustainable, and accessible food on offer there.

Owner Chef Jamal offers plant-based meal preps and monthly events. His passion for quality food stems from family culinary traditions. He believes that food is not only a source of nourishment but also a way to connect with our community and our environment.

Inspiration is taken from natural therapies, including Traditional Chinese Medicine and Shiatsu, as well as Caribbean influences.

Chef Jamal kindly gave us a few recipes to share with you all. There is one in this book and a few others on our webpage (be sure to check it out).

Website: <https://www.xspencive.com>





DHABA-STYLE PANEER (OR TOFU) BHURJI

Ingredients



- 200g paneer (Indian cottage cheese) or medium-firm tofu, crumbled
- 1 tablespoon oil or ghee (use oil for a vegan option)
- 1 teaspoon cumin seeds
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 green chili, finely chopped
- 1 small tomato, finely chopped
- 1/2 teaspoon turmeric powder
- 1 teaspoon coriander powder
- 1/2 teaspoon red chili powder
- 1/2 teaspoon garam masala
- 1/2 teaspoon salt
- 1/2 teaspoon dried fenugreek leaves
- 1/4 cup bell peppers, finely chopped
- Fresh cilantro, chopped, for garnish
- Juice of 1/2 lemon



- **Heat Oil & Spices:** Warm 1 tbsp oil or ghee in a pan, add 1 tsp cumin seeds, and let crackle.
- **Sauté Aromatics:** Add 1 chopped onion and 1 green chili; cook until golden brown.
- **Add Garlic:** Stir in 2 minced garlic cloves, sauté for 30 seconds.
- **Cook Tomatoes & Spices:** Add 1 chopped tomato, turmeric, coriander, red chili powder, and salt. Cook for 3-4 mins until softened.
- **Add Veggies (Optional):** Toss in 1/4 cup chopped bell peppers; cook for 2 minutes.
- **Add Paneer/Tofu:** Mix in 200g crumbled paneer or tofu, coat well.
- **Finish & Serve:** Stir in garam masala and fenugreek; cook 2 minutes.
- **Garnish with lemon juice and cilantro. Enjoy!**

Origin: India

Source: Abhinav Deshwar

Empanadas



Bake

30 minutes

Serving

8

Ingredients

- Preheat oven to 350°F (175°C) and line a cookie sheet with a baking mat, parchment paper, non-stick foil, or lightly oil it. Set aside.
- In a large skillet, cook ground beef, onions, and bell pepper over medium heat until the beef is browned, onions are translucent, and peppers are soft. Drain excess fat.
- Stir in cumin, garlic, salt, pepper, and chili powder. Cook for another 2 minutes, then remove from heat.
- Roll out pre-made pie crusts. Using a cereal-sized bowl, cut out circles (about 3 per crust). Gather scraps, re-roll, and cut more circles until all dough is used (about 8 total).
- Place a pie crust circle on the prepared baking sheet. Spoon 2-3 tbsp of beef filling into the center, then top with 1 tbsp cheese.
- Fold in half and press edges with a fork to seal. Repeat with remaining dough.
- Beat 1 egg and brush over the empanadas.
- Bake for 12-15 minutes, or until golden brown.

- 1 package pre-made pie crust (2 rolls)
- 1 lb lean ground beef (90% lean recommended)
- 1/4 cup diced yellow onion
- 1/2 medium bell pepper, diced (any color)
- 1 tsp cumin
- 1 tsp minced garlic
- 1/4 tsp salt
- 1/4 tsp pepper
- 1 tsp chili powder
- 1 cup Mexican blended cheese
- 1 egg

Origin: Spain and/or South America



La Recette de la Ratatouille



*de grandmaman
Juliette*

Ingredients

- 1 eggplant cut into slices
- 2 sliced zucchinis
- 1 large onion
- 1 bulb of garlic
- 1 red pepper
- 1 green pepper
- 1 box of tomatoes
- Mushrooms (as many as you want)
- Thyme and oregano
- Spoonful of oil

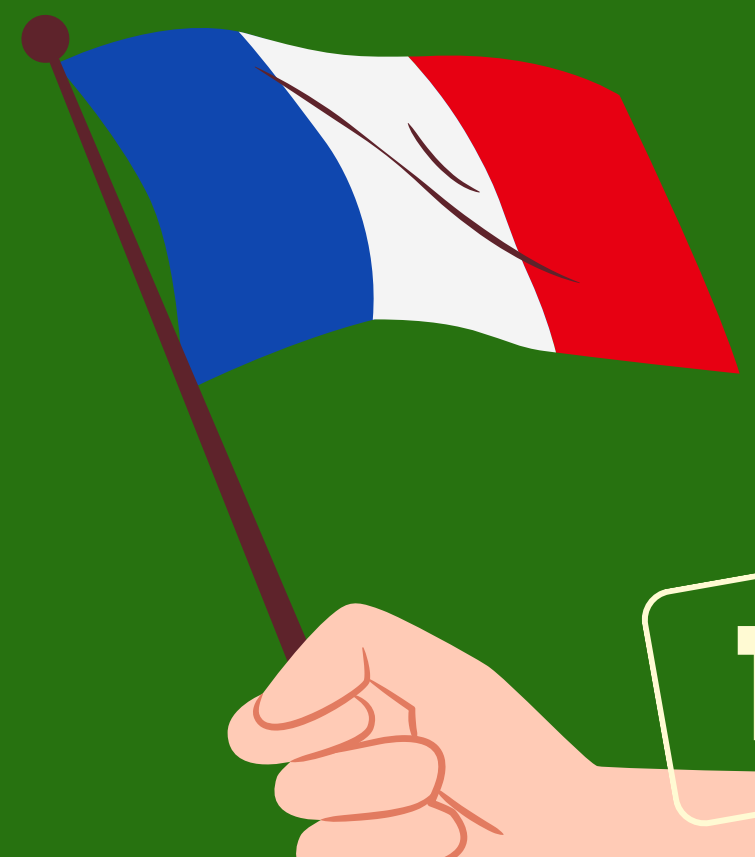
VEGAN

Bake 35 minutes

Serving 2 portions

- Cook each vegetable separately in about 1 tablespoon of oil and set aside.
- Once the eggplant is done, return the zucchini to the pan, followed by the other vegetables, adding them one at a time.
- Stir everything together, then add the canned tomatoes and spices.
- Let simmer for 20 minutes, stirring occasionally.

Origin: France
Source: Cami Loignon-Gagnon



Jollof Rice and Stir-Fried



Ingredients

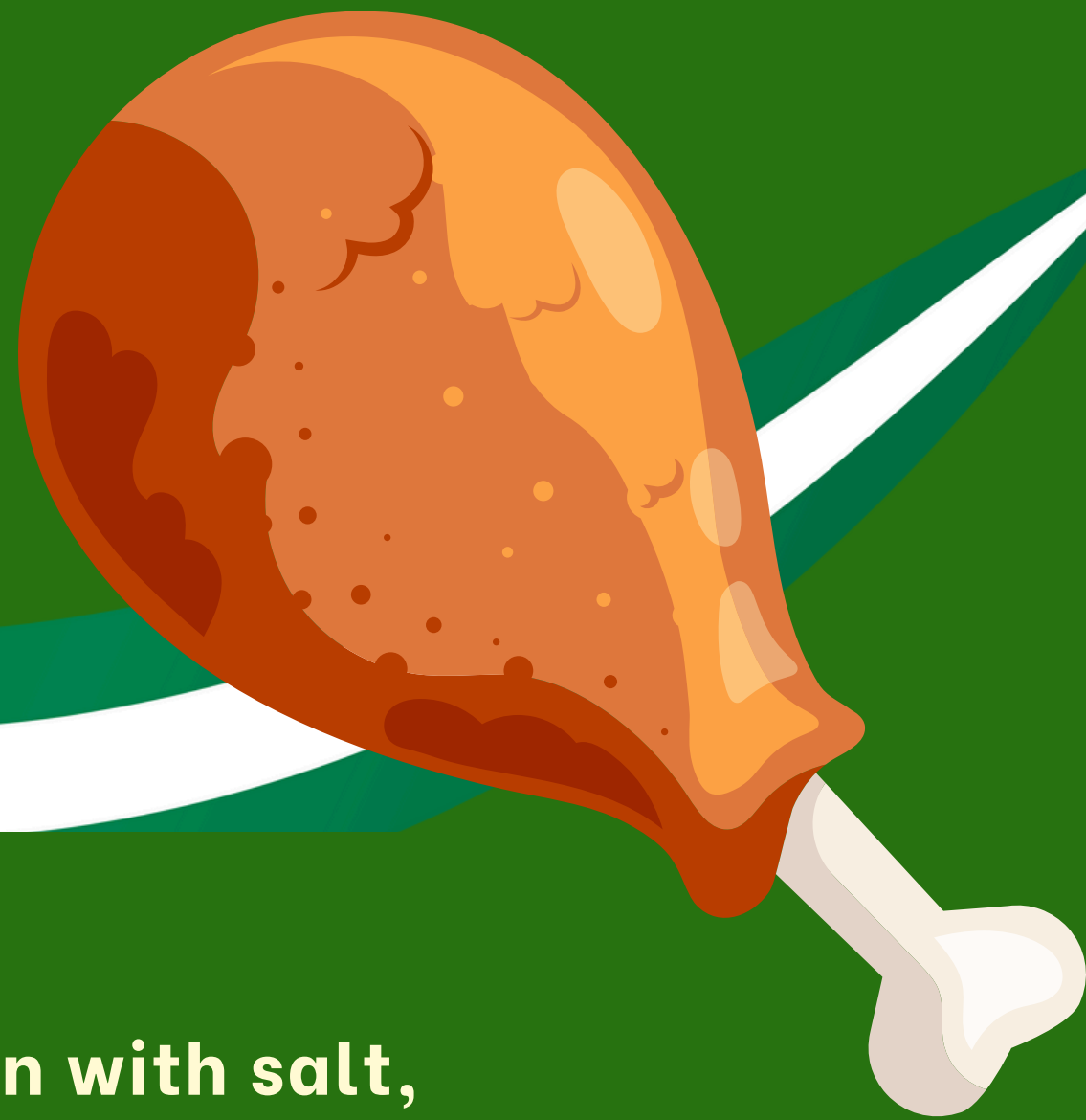
Bake 1 hour 20

Serving 4-6

- 500g chicken breast (or preferred chicken parts) / alternative vegan option like tofu.
- 2 medium red onions, chopped
- 1 tablespoon blended ginger and garlic
- 6 large tomatoes, blended
- 3 red bell peppers, blended
- 2-3 fresh chili peppers, blended
- 1/4 cup olive oil
- 2 cups long-grain parboiled rice
- 2 teaspoons salt
- 2 teaspoons curry powder
- 2 teaspoons thyme
- 4 seasoning cubes
- 2 bay leaves (remove after cooking)
- 2 cups chicken broth
- Extra water (as needed, added gradually while cooking)
- 1 cup diced carrots
- 1 cup chopped bell peppers
- 1 cup green beans, chopped
- 1/2 cup spring onions, chopped
- 1 tablespoon olive oil (for stir-frying vegetables)

with Chicken Veggies

Recipe Steps



- **Prepare Chicken Broth:** Season chicken with salt, pepper, curry powder, thyme, seasoning cubes, onions, and blended ginger-garlic. Marinate for 10 minutes, then boil with a little water until tender. Set aside; reserve the broth.
- **Make Tomato Sauce:** Blend tomatoes, red bell peppers, and chili peppers. Cook on medium heat for 15 minutes until thickened.
- **Parboil Rice (Optional):** If using starchy rice, boil for 5 minutes, then rinse.
- **Cook Jollof Rice:** Sauté onions in oil, add tomato sauce, and fry for 5 minutes. Pour in leftover chicken broth and a little water, then season with salt, curry, thyme, and bay leaves. Add rice, cover the pot with foil and then place a lid on top to create a makeshift pressure cooker, and cook for 20–25 minutes, adding water as needed.
- **Once it starts cooking, do not stir to avoid burning and/or soggy rice.** Once cooked, remove bay leaves.
- **Stir-Fry Vegetables:** Sauté carrots, bell peppers, green beans, and spring onions for 3–4 minutes. Optional: Add cooked shrimp and stir for another minute.
- **Serve:** Fluff rice with a fork, mix in vegetables or serve on the side. Garnish with parsley and enjoy!



Origin: Nigeria

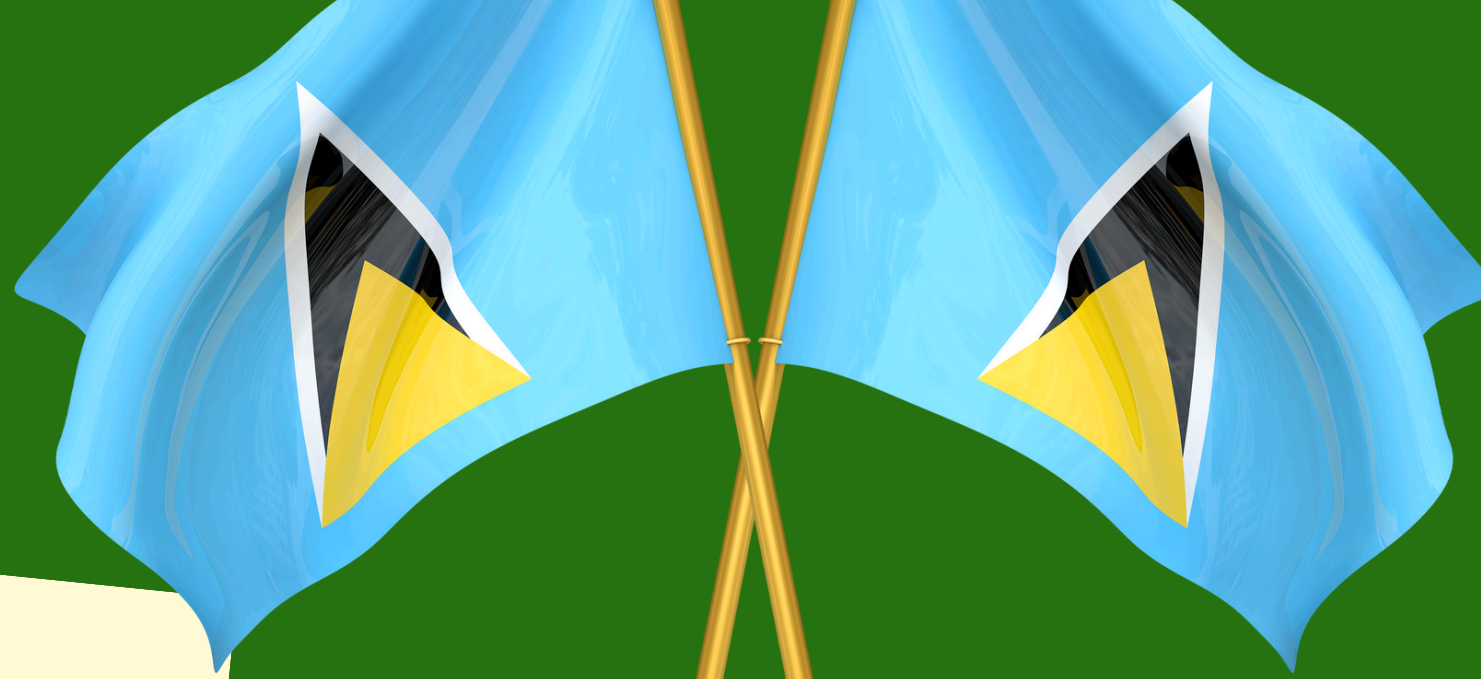
Source: Joshua Onyema

Origin: St Lucia

Ingredients



- 1.5 cups of cooked chickpeas or 1 can
- 1 mango (half ripened and firm)
- 1 small bell pepper
- 1 chili pepper, seeded
- 1 small red onion
- Fresh herbs (mint, basil, cilantro, parsley)
- 1 tablespoon hemp seed
- 2 tablespoons avocado oil
- Juice from 1 lemon or lime
- Salt and pepper to taste



Bake

10 minutes

Serving

2 portions

- Place cooked chickpeas in a large bowl
- Chop into small pieces; mango, bell pepper, chili pepper, onion
- Finely chop the herbs
- Add all chopped ingredients to the chickpeas
- Add oil, lemon or lime juice, hemp seeds, salt and pepper to the chickpeas and mix well.

Chickpea & Mango Salad

Som Tam Thai



Ingredients✓

- Green Papaya Half Portion
- Carrot - 1 Thin carrot will do
- Tomato - Half portion (finely Chopped)
- Green chilis - 1 or 2 as per your taste (finely chopped)
- Sweet Orange - 1 big or 2 small (extract the juice)
- Lemon - Half Portion (extract the Juice)
- Honey - 3 Teaspoon (use agave syrup as a vegan alternative)
- Soy Sauce
- 2 Teaspoon Garlic Paste
- 1 Teaspoon Walnut/Peanuts Chopped or Crushed (quantity as per your choice)

Bake 20 minutes

Serving 3-4 portions

Prepare the dressing:

1. Pour the sweet orange juice in a bowl
2. Add Lemon Juice
3. Add chopped green chilis
4. Add Garlic Paste
5. Add Honey
6. Add soy sauce and mix together.

Preparing the Salad:

1. Now add chopped tomatoes to the dressing
2. Add Carrots
3. Add Papayas
4. Add Crushed Walnuts or Peanuts and mix altogether

Origin: Thailand
Source: Maisha Hoque

TAMARIND APPLE CHUTNEY



Ingredients



- 4-5 Apples
- 3 Tbsp Ginger Paste
- 100g Tamarind Paste
- 1 Tsp Nutmeg
- 1 Tsp Cinnamon
- 1 Tbsp Olive Oil
- 1 Whole Lime
- 4 Green Thai Chilies
- 2 Dry Thai Chilies
- 1 to 1½ Cups Brown Sugar



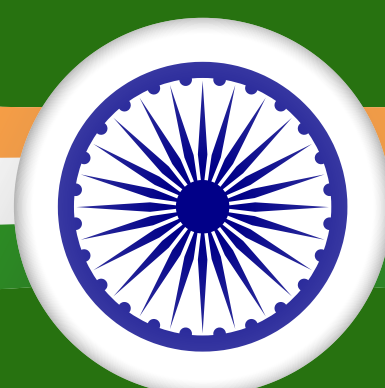
Bake

35 minutes

Serving

5-6 portions

- **Slice 4-5 apples.**
- **Slice all Thai Chilies**
- **Add Olive Oil to a frying pan.**
- **Fry sliced Apples.**
- **Add sliced Thai Chilies.**
- **Add Powdered Spices (Nutmeg & Cinnamon).**
- **Add Ginger Paste**
- **Squeeze a lime.**
- **Add Tamarind Paste.**
- **Add Brown Sugar.**



Origin: India
Source: Sean Jonas

Sticky Pineapple Upside Down Cake



Bake

1 hour

Serving

8–10 portions

Ingredients



- 185 grams of butter/
margarine (alternative: vegan
butter)
- 185 grams of sugar
- 2 teaspoons vanilla essence
- 3 eggs
- 185 grams of plain flour
- 3 teaspoons of baking powder
(can use self-raising flour and
then only use one teaspoon of
baking powder)
- 1/2 teaspoon of salt
- 1 large tin (approximately
500g) of sliced pineapple

Caramel:

- 125 grams of sugar
- 60 grams of butter
- 1/4 cup of water
- 60 ml golden syrup

- Simmer water, sugar, butter, and golden syrup for 5–10 minutes to make caramel.
- Pour half the caramel into a pan, reserving the rest. Arrange pineapple slices on top, squeeze lime juice over them, and add cherries. Set aside.
- Preheat oven to 325°F (160°C, Gas Mark 3).
- Mix all cake ingredients, sifting the dry ones first.
- Spread batter over pineapples and bake for 30–35 minutes until golden and firm.
- Turn out onto a platter, pour warmed reserved caramel over, and serve.



Origin: Barbados

Source: Ruqaiyah Jarviton

Baklava



Ingredients

- 40 sheets of phyllo pastry (around two packs)
- 500g walnuts and/or pistachios
- 285g unsalted butter (melted)
- 1tsp cinnamon

Syrup:

- 1 cup white sugar
- 2 tbsp lemon juice or orange rind (preference)
- 3/4 cup water
- 1/2 honey



1. Cut phyllo to size of pan
2. Slice nuts or blend until fine crumbs
3. Preheat oven to 160C/325F
4. Brush pan with butter, lay over one sheet of phyllo, brush with butter, repeat for 10 sheets.
5. Scatter over 3/4 cup walnuts
6. Cover with 5 sheets of phyllo, brush each with butter, top with 3/4 walnuts and repeat 3 times.
7. Cover with 10 sheets of phyllo brushing all with butter
8. Cut into 4 strips and then cut diagonally
9. Bake until golden brown (approx. 1 hour 15)
10. Remove from oven and pour over syrup (to make syrup place all ingredients into a saucepan for 3 minutes)
11. Leave to soak for 6+ hours

Origin: Turkey

TIP: You can find a video of us making this recipe on this Instagram page: [cusustainabilityoffice](#)

Origin: North America

1. Mix cornstarch and water and set aside.
2. In a pan, cook apples, brown sugar, butter, lemon juice & cinnamon over medium heat until bubbly.
3. Add cornstarch mixture, cook 10–15 mins. Let cool.

Cookie Dough:

1. Beat butter, sugars & vanilla until fluffy.
2. Combine flour, baking powder, cinnamon & salt in another bowl.
3. Mix wet & dry ingredients into a thick dough. Chill 30 mins.
4. Roll dough into 10 balls, coat in sugar. Flatten slightly on a baking sheet, make an indent.
5. Fill centers with apple pie filling.
6. Bake at 350°F for 14–16 mins

TIP: You can find a video of us making this recipe on this Instagram page: [cusustainabilityoffice](#)



Ingredients



Apple Pie Filling:

- 1/4 cup water
- 1/2 tbsp cornstarch
- 2 large apples (peeled & chopped)
- 3 tbsp brown sugar
- 2 tbsp vegan butter
- 1 tbsp lemon juice
- 1/2 tsp cinnamon

Cookie Dough:

- 1/2 cup vegan butter
- 1/2 cup sugar
- 1/4 cup brown sugar
- 1/4 cup vegan yogurt
- 1 tsp vanilla extract
- 1.5 cups all-purpose flour
- 1 tsp cinnamon
- 1/2 tsp baking powder
- Pinch of salt

Vegan Apple Pie Cookies

Bissap

Ingredients



- One handful of dried hibiscus flowers
- 7 branches Fresh mint
- Squeeze of Lemon
- 10 tablespoons Sugar
- 2 litres Water
- It's possible to add pineapple juice, ginger, cloves, nutmeg... depending on what you like!



1. Wash the dried hibiscus flowers thoroughly to remove any sand or dust.
2. Add the clean flowers to a pot with 2 liters of water (about one handful of flowers).
3. Bring to a boil and simmer for 15-25 minutes, depending on how strong you want the tea (avoid over-boiling to prevent bitterness).
4. Remove from heat and add mint to taste, along with a squeeze of lemon. Let it infuse for 15-20 minutes.
5. Strain the tea to remove the flowers (you can dry and reuse the flowers if stored properly).
6. Add sugar to taste and mix well.
7. Bottle the Bissap, adding fresh mint branches to the bottle for extra flavor.
8. Let it cool in the fridge, ready to serve. It stays fresh for 5-7 days.

Source: Awena Le Vaillant

Origin: North and West African



PUMPKIN PUNCH



Ingredients

1. Cook and mash the pumpkin until smooth.
2. In a blender, combine the mashed pumpkin and orange juice.
3. Add sugar to taste and blend until well mixed.
4. Serve chilled with crushed ice for a refreshing drink.

Origin: Grenada

Source: Zariah Williams

- 2 cups cooked mashed pumpkin
- 2-4 cups orange juice (depending on desired consistency)
- Sugar for sweetening (to taste)



ZOBO



Ingredients



- 1/4 cup dried hibiscus leaves
- The skin/backs of a pineapple
- The skin/backs of a lemon/lime
- 10 cups of water
- Sugar to taste

1. Wash the backs of your fruits
2. Toss all ingredients into a pot with water and boil for 20 minutes
3. Drain and add sugar to taste

Origin: Nigeria

CONCORDIA CAMPUS GROUPS



We'd like to highlight some amazing campus groups that support the vision of sustainable and diverse food systems. Check them out by using their services, attending events, or volunteering. We're grateful for their involvement—whether through feedback, suggestions, or recipe submissions!



Concordia Farmers Market: Farmers' markets play an important role in building resilient local food systems and vibrant communities. Campus groups like Coop CultivAction, Sankofa, and Hamidou Horticulture grow food ecologically on campus, making fresh, hyper-local produce available to students and the community.

The Concordia Farmers' Market was founded as a student project in 2014 and has been overseen by the Concordia Food Coalition (CFC) since 2017.

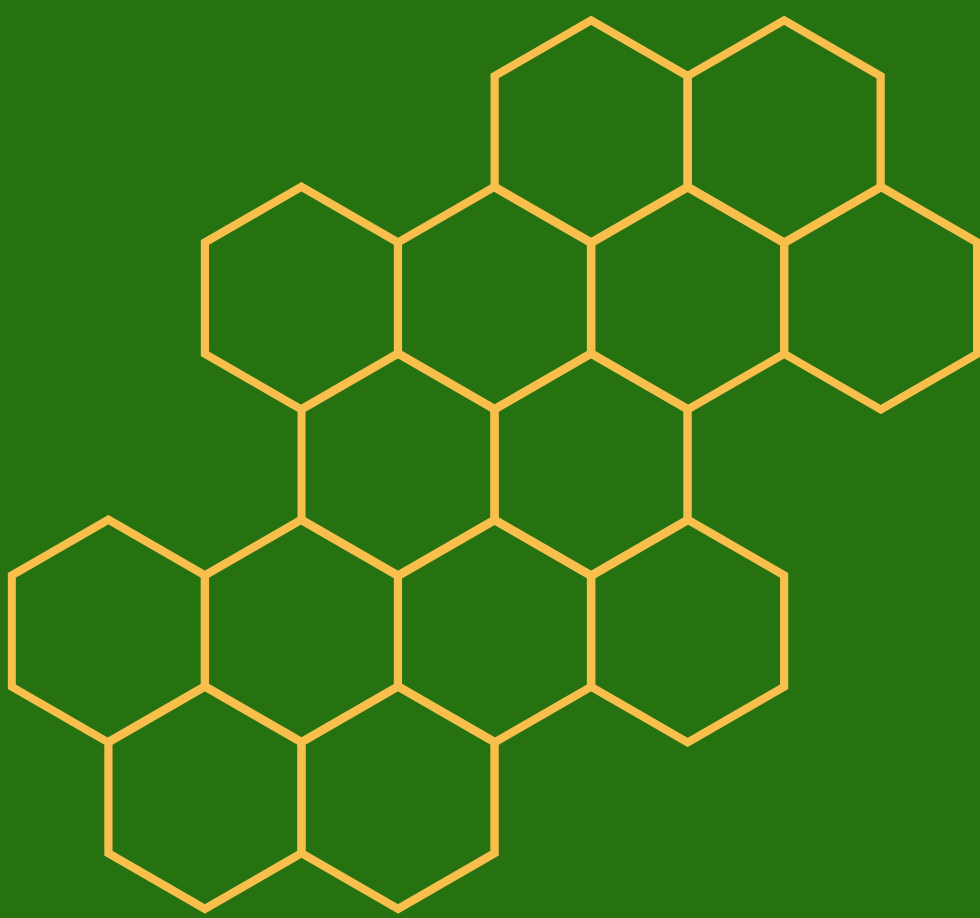
The CFC works with community partners to bring fresh, local foods and artisanal products to campus, all while empowering students to be the leaders of food system amelioration.

The market runs every week from June till October.





The People's Potato: A vegan soup kitchen at Concordia University's downtown campus offering free lunch every Monday- Thursday. They are committed to anti-oppression, inclusivity and accessibility.



The Hive Free Lunch: Serves free vegan breakfast and lunch on the Loyola campus. They aim to foster a sense of community around food and promote an anti-oppressive environment, creating a safer space to share and learn cooking skills together.



Le frigo vert: A health food co-op which is anti-colonial, anti-capitalist and anti-oppression. PWYC and accessible pricing for herbs, powders, tinctures, teas, and more.



Fairtrade: It is the mission of Fairtrade Canada to ensure decent working conditions, as well as fair terms of trade. All coffee served on campus is fair-trade.

Sustainability Tips and Tricks

We want to leave you with some final sustainable tips and tricks given to us by our community recipe contributors. Enjoy!!

Seasonal Swaps: Instead of out-of-season tomatoes, try canned or pureed tomatoes—they're budget-friendly and reduce food waste.

Save veggie scraps (onion peels, tomato tops) to make homemade broth instead of tossing them.

Instead of small, overpriced spice packets, visit bulk spice stores to stock up on essentials at lower prices.

Instead of palm oil or overly processed vegetable oils, use mustard oil, coconut oil, or ghee (which can be made at home!)

Learn the art of freezing food

Volunteer with CultivAction, and you will get ingredients for free. Bring your kitchen scraps with you to their compost corner

COMPOST

Keep the onion skin so you can make your own onion powder/seasoning.



May these recipes nourish not just your body, but your connection to the earth, to traditions, cultures, people, and to the stories that shape us. May every meal be a celebration of roots- both deep and growing.

