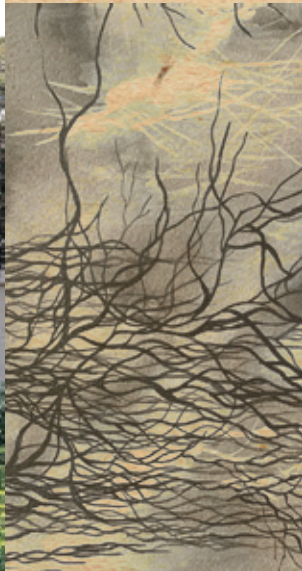


The World Food Garden



Brimbank City Council respectfully
acknowledges and recognises the Wurundjeri
and Bunurong Peoples as the Traditional
Owners of this land and waterways and pays
respect to their Elders, past, present and future.



Aokuso and Keisha represented our
Samoan communities, Tha represented our
Burmese communities and Luul and Nimo
represented our Somalian communities.

They all brought their extended families
and communities to the garden, building
a relationship with each other, harvesting
food and learning from the plants.

The World Food Garden project brought together peoples from Somalia, Samoa and Myanmar to share their stories of food and plants in a community garden. Together we sourced and cultivated garden beds to grow foods from each region as a way to learn and grow together.



We found that some plants were similar and some were specific to a region.

Tracing the plants movement over the globe through time was interesting, as many 'traditional' plants may have originated elsewhere.



Together we laughed and learnt, experimented and got dirty hands.

Our gardening style included both rows of plants and a wild type of forest planting, more similar to the tropical forests that many of our plants grow in.

Bananas

Banana was one plant that could be found in all regions, Asia, Africa and Oceania. Everyone uses the banana in a different way and has banana species specific to their regions.



We could only plant the bananas once it got hot enough and luckily these days there are a lot of dwarf cool bananas perfect for the cool temperatures found in Melbourne.



Bananas are considered a herb because they have no wood and their fruit is a berry. We planted them as a way to create a canopy with smaller plants and kumara, sweet potatoes, taro and yams underneath.

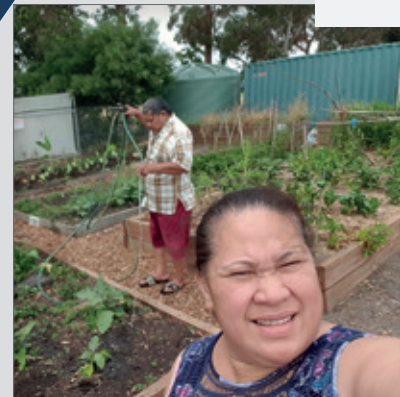




Samoa & Bananas

The popular varieties of bananas found in Samoa are Giant and Dwarf Cavendish (Fa'i Palagi), Bluggoe (Fa'i Pata), Mysore (Fa'i Misi Luki') & Fe'i Bananas (Fa'i Soa'a).

Traditional recipes include Sua fa'i (mashed & the boiled banana with 'saiko'). Pani keke lapokopoko (Round pancakes with bananas). Fa'i fa'alifo (boiled Bananas + coconut cream). Fa'i kau (baked in the oven or underground, 'umu'). Keke fa'i (Banana cake).



Fa'i fa'alifo

- 4 average sized peeled green Cavendish bananas
 - 1 cup of coconut cream
 - $\frac{1}{4}$ cup water
 - 1 small onion sliced
 - Salt to taste
 - Water to steam bananas
-
- Peel all bananas with a butter knife piercing either end of the banana skin and bringing the knife down (longwise) being careful not to damage the white flesh of the banana. Inch your way around the banana until the white flesh of the banana is exposed and free of the skin. Place bananas in shallow cold water to wash in - wash thoroughly as a darkish skin develops when the skinless banana is exposed to the air.
 - Place the bananas in a medium saucepan and put enough water just to cover them. Cover and boil for 10 minutes. Pour all the hot water out leaving only the bananas in the pot.
 - While waiting for the bananas to cook, in a medium bowl pour the coconut cream and water and mix in the onions and salt to taste. Traditionally we stir the onions in with one hand crushing the onions in the process to help release the onion-ness into the solution.
 - Pour the mixture onto the steamed bananas. Let boil for 5 minutes then remove the pot onto a cooling rack and wait. Make sure you pour the sauce to completely cover all bananas to savour the taste of each bite you take.



Banana Flower Salad

- 1 lime, cut in half
 - 1 banana blossom
 - 1 small green papaya, peeled, deseeded then shaved or shredded
 - 1 carrot, shredded
 - 120 g(4½ oz/1½ cups) bean sprouts
 - 2 tsp shaved palm sugar
 - 1 small red chilli, finely sliced
 - 40 g(1½ oz/¼ cup) roasted peanuts, roughly chopped
 - 2 tbsp crispy fried shallots
 - Small handful of mint, shredded
 - Small handful of Vietnamese mint, shredded
 - Lime and garlic dressing
 - 3 tsp shaved palm sugar
 - 1 garlic clove, crushed
 - 2 tbsp vegan fish sauce
 - 1 tbsp lime juice
-
- Peel away the outer purple leaves from the banana blossom, until you get to the pale heart. Shred the blossom heart finely and immediately place in the bowl of lime water. Leave to soak for about 30 minutes.
 - Combine the dressing ingredients in a small bowl, add 100 ml (3½ fl oz) water and stir until the sugar has dissolved. Set aside.
 - In a large bowl, combine the papaya, carrot and sprouts. Add the soaked and drained banana blossom and toss with the palm sugar. Set aside for 15 minutes for the mixture to wilt slightly.
 - Add the chilli, half the peanuts and half the fried shallots. Add all the mint. Drizzle with the dressing and toss gently to combine.
 - Pile onto a serving plate, scatter with the remaining peanuts and fried shallots and serve straight away.

Myanmar & Bananas

Myanmar peoples often use banana as a dessert and have special recipes for the banana flowers.



Somalia & bananas



In Somalia, bananas are a main food with most meals including rice and spaghetti.

The local variety has a strong smell.

Somali Banana Fritters (Kutumbow Moos)

- 1 cup milk
 - 1 egg
 - 2 bananas, mashed
 - 1 teaspoon vanilla
 - 2 ½ cups all purpose flour
 - 3 teaspoons baking powder
 - ¼ cup sugar
 - pinch of salt
 - ½ teaspoon cinnamon
 - ½ teaspoon cardamom
 - Vegetable oil for frying
 - Powdered sugar for sprinkling
-
- Place all the ingredients except for the oil and powdered sugar in a bowl and mix into a thick batter with mixer.
 - Batter should be thick and sticky. Add more flour if it is runny. Let batter sit while heating oil.
 - Pour vegetable oil into a heavy pan or pot, to a depth of at least 1 inch and heat to 350 degrees Fahrenheit.
 - Dip the handle of a wooden spoon or a wooden chopstick into the oil. If the oil starts steadily bubbling, then the oil is hot enough for frying.
 - Drop spoonfuls of dough into the heated oil. Large dough spoonfuls may not cook through very well.
 - Let dough cook until light brown, flipping once if they do not flip themselves.
 - Remove fritters from oil with a slotted spoon and drain on a plate or cooling rack lined with double-thickness of paper towels.
 - Let cool and sprinkle with powdered sugar for serving.



Oceania Foods- Taro

Talo' - Formal pronouciation, 'Kalo' - Informal (Taro)

In Samoan, a word for earth is 'Le lalolagi' which translates as 'to look at the sky'.



The other especially important plant in Samoa is the Taro. The tuber of the plant is eaten. It has a brown skin but is pink, white or purple like flesh. Taro has a starchy texture and is kind of gluey when cooked.



In Melbourne, taro is not commonly found in nurseries, but rather shared amongst the community. Our elder, Aokuso has been keeping a crop of taro going for years and hopes to grow a taro forest in Melbourne for his community.

Taro recipes include Kalo fa'alifu' (Boiled Taro with Coconut cream), 'Fa'ausi' (mashed taro + caramelised sugar), Fried into chips, Kalo kau (Baked in oven or underground, 'umu') and Palusami' - A dish that uses Taro Leaves (boiled) + coconut cream + corned beef



Taro originated in the Bay of Bengal region South-East Asia. It was carried by early Polynesians throughout Oceanic regions. Taro are mainly grown in moist areas and there are many types of Taro. We have six different types of taro growing in our World Food Garden.

Asian Plants

In Burmese “asa uhyin” means food garden.

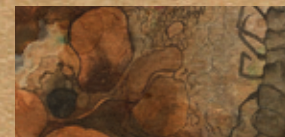


We planted a variety of Asian greens, Sentok, Blue Corn, Herbs such as Vietnamese mint, basils, lemongrass, Kang kong, rosella, many varieties of chilli, daikon radish, shiso and Kaffir lime.

Sentok is also known as a type of eggplant. It has a bitter, peppery taste and prickly stems. It loves a sunny, well-drained spot. Grows to 60-120cm tall and is native to South-East Asia.



Kang kong is water spinach and is widely grown in South-East Asia. It likes humid hot weather and water bogged soils and is an important green in the summer months.

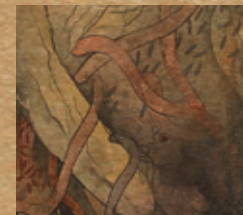


Berta cuntada (Food Garden)

In Somali 'Berta cuntada' means food garden.



Important Somali Plants include maize, coriander seed, leafy greens. We planted a number of crops of coriander with the aim to collect lots of coriander seed.



How to make Compost

Compost is made of a combination of greens and browns.

Green things include fruit and vegetable scraps and grass clippings. Don't use too much meat or citrus peel.

Browns include dried leaves, cardboard, newspaper and hay.



Greens and browns need to be combined together to make a mix that is not too wet or too dry. Once we have mixed together our browns and greens, we need to keep it moist and aerated for a few months by turning it, either with a fork or a compost spinner. ... This creates the perfect home for creatures to break down the compost and turn it into delicious soil for your garden!





Our World Food Garden

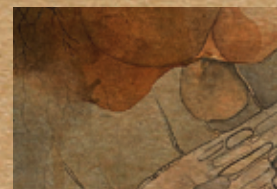
The World Food Garden saw a lot of beautiful moments such as the sharing of intercultural knowledge, sharing about foods and plants and encouraging each other to get involved. We also learnt about gardening, soil and compost. Once we had worked out a great watering roster and the hot weather kicked in, our mainly tropical plants really started to shine!!



Before



During



After



The World Food Gardens project was devised and
funded by Brimbank City Council and delivered at
Westvale Community Centre, in partnership with
Sustain: The Australian Food Network



Brimbank City Council

Telephone 9249 4000

Email info@brimbank.vic.gov.au

Post PO Box 70, Sunshine, VIC 3020



131 450

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