ISSUE 10 | FEBRUARY 2022





NYMC CULINARY MEDICINE INTEREST GROUP **BRINGING THE KITCHEN TO THE CLINIC**



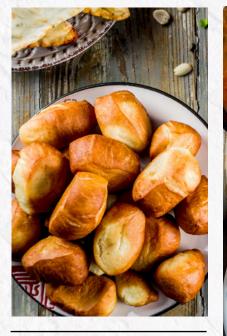
The Culinary Medicine Interest Group Executive Board:

Jessy Rosen - President and Founder Gillian Hecht - Secretary and Culinary Director John Vellek - Education Chair Emma Gong - Chair of Social Outreach Mordechai Sternman - Treasurer

This Issue's Contributing Members:

Nutrition - Jessy Rosen and Francesco Cuiffo Interview - Dr. Mill Etienne, John Vellek, Jessy Rosen Media Review - Christopher Hoke Community Spotlight - Sarah Smith Chef's Corner - Sarah Smith, Victoria Afolayan, Kara Rickford Newsletter Coordinator - Leael Alishahian

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ABOUT US

he Culinary Medicine Interest Group focuses on the importance of integrating nutrition and culinary skills within medicine.

Our mission is to increase the number of future physicians who have an understanding, appreciation, and skill set in food preparation, clinical and community nutrition, and lifestyle management. We also aim to supplement the medical curriculum to provide students with a better idea of how to incorporate nutrition - that is culturally competent and consistent with real-world social constraints - into future patient care.



Introduction

Culinary Medicine

Student National Medical Association

SNMA and Culinary Medicine are so proud to present this collaborative February issue of Vitals in the Kitchen in honor of Black History Month. Working together to produce something informative, meaningful, and creative has been a true honor.

We chose to begin with pediatric nutrition pieces because the center of culture is family, and we all believe that the center of family is food. We hope to highlight that in an approach to eating that is centered around the people at the table, all foods fit. All the recipes this month are brought to you by SNMA and NYMC community members who submitted their best kept family secret recipes! We hope you enjoy the trip your palate will take around the globe as you get to read about what these foods mean to the families who provided them. Thank you to Dr. Etienne for sitting down with us to talk about food, family, and social determinants of health this month. And lastly, thank you to everyone who came together to make this newsletter possible. We hope it means as much to you as it does to us.

Neonatal

Nutrition

During the first year of life, a stage of rapid physical and cognitive growth differentiates infancy from all other ages in the life cycle!

Adequate nutrition plays a vital role in the growth and development of infants, especially during this first year of life. Specifically, nutrition plays a critical role in brain development; the development of cognitive, motor, and socioemotional skills; and in overall physical health, immune system maturation, and healthy growth (height, weight) patterns.

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Campoy C, et al. Omega 3 fatty acids on child growth, visual acuity and neurodevelopment. British Journal of nutrition 2012;107 Suppl S2:S85-S1

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Lbout

Pediatric Nutrition Overview

The First 6 Months

The World Health Organization, American Academy of Pediatrics, and American College of Obstetricians and Gynecologists all recommend exclusive breast feeding for the first six months. This means that an infant receives only breast milk from his or her mother or a wet nurse, expressed breast milk, and no other liquids or solids (with the exception of drops or syrups containing vitamin or minerals supplementation or medicine when indicated).

Breast milk generally contains all of the necessary protein, fats, vitamins, and micronutrients vital for growth and development. Furthermore, breastfeeding confers protection against infection by passing along maternal antibodies, and it can help to establish a healthy gut microbiome

Notably, although exclusive breastfeeding is optimal, many women will make the decision to supplement in part or fully with formula. In this case, it is vital to work with a pediatrician or a specialized pediatric dietitian to ensure that all of the nutritional needs are being met.

What's In Breast Milk?

Colostrum is the thick, often yellow-in-color milk that is produced during the first 2-3 days after the baby is born. It is higher in protein and lower in lactose when compared to milk that is produced after the supply is established. It is also rich in secretory immunoglobulin A (an antibody), lactoferrin (a protein), and vitamin A, vitamin B12, and vitamin K.

| Water | Breast milk is isotonic, meaning th |
|----------|--|
| | stay hydrated! Isotonicity also help |
| | nutrients found in human breast r |
| Energy | Breast milk provides ~ 0.65 - 0.70 k |
| | unique composition. Overall, breas |
| | with human milk substitutes. |
| Fats | Fat is the second largest compone |
| | Fat content varies mother-to-mot |
| | foremilk (at the beginning of feedi |
| Protein | Protein content in human milk is l |
| | concentration varies with the infar |
| | digestion, antiviral properties, and |
| Carbs | Lactose is the primary carbohydra |
| | the absorption of calcium. Oligosa |
| | healthy gut microbiome and inhib |
| Vitamins | Breast milk is rich in fat-soluble vit |
| | (B vitamins and choline) are reflec |
| Minerals | The mineral content in human bre |
| | fant, and overall levels tend to dec |
| | milk are more bioavailable, especia |
| | |



hat babies do need to consume any other fluid to ps to suspend all of the important vitamins and milk.

kcal/mL, but varies depending on each mother's ast milk provides fewer calories than those provided

ent in breast milk, providing 50% of its calories. ther and across the day, but it typically higher in ling) than in hindmilk.

lower than other milks like cow milk. Protein ant's age, and has important roles linked to d inflammation protection.

ate found in human milk and it helps to enhance accharides are also present and help to promote a bit growth of bacteria.

tamins (vitamin A, D, E, K). Water-soluble vitamins ctive of maternal dietary content.

east milk is dependent on the growth rate of the increase after the first four months. Minerals in breast ially iron and zinc!

Pediatric Nutrition

Overview

6 Months +

From the age of 6 months, an infant's need for energy and nutrients starts to exceed what is provided by breast milk, and complementary feeding becomes necessary to fill the energy and nutrient gap. Infants are ready for solid foods once they have doubled their birth weight, sit in a high chair, and open their mouths when food is presented.

As a rule of thumb, it is often recommended to introduce new foods every 3-4 days and monitor how the infant is responding. Try starting with vegetables, which are full of vitamins and nutrients and are not as sweet as fruits. If fruit is the first food, the baby might expect every food to taste sweet; it is important to consider that food preferences are formed early in life, and can persist. As well, babies do not yet have the ability to digest fructose effectively, which can lead to digestion problems if served in large amounts (unless you want explosive diarrhea, try to keep fruit intake moderate and avoid high-fiber)! Puréed vegetables such as sweet potatoes, beets, squashes, or carrots are foods that require less preparation to cook, mash, and serve. Finally, start to introduce high protein. This can includes well-cooked and mashed beans, lentils, green peas, and finely chopped meats. It can take a while for the infant's GI tract to adjust. Some undigested food might be found in the stool; this is okay and all part of the process.

Remember to always consult your pediatrician and health care team when making changes, especially if any abnormal behavior or health concerns arise.

Nutrient Needs

| Energy | The energy requirement of infan |
|-----------|---------------------------------------|
| | stage of life! Energy recommend |
| | sleep/wake cycles, physical activi |
| Protein | From 0 - 6 months of age, the re |
| | body weight, decreasing to 1.2 g/ |
| | affected by age, growth rate, illne |
| Fats | Infants need plenty of healthy fa |
| | omega-3 fats (avocados, fatty fisł |
| | in providing energy for growth a |
| | The adequate Intake for fat is is a |
| Vitamin D | Vitamin D plays a key role in bon |
| | immune response and function. |
| | receive 400 IU of vitamin D daily |
| Iron | Due to an accelerated growth ra |
| | risk for iron deficiency, which car |
| | development. It is important to g |
| | at six months, and to not give co |
| | include leafy greens, lentils, artic |
| lodine | lodine is an important mineral fo |
| | infants 0-6 months is 110 μg per |
| | lodine-rich food sources include |
| | |



nts per kg of body weight is higher than at any other dations are broad, and dependent on weight, growth, ity, metabolic responses to food, and heath status.

commended protein intake for infants is 1.52 g/kg of /kg from 7 - 12 months. Protein requirements can be ess, and the overall nutritional adequacy of the diet.

its, particularly saturated, monounsaturated, and h, and good quality meats). Fats play an essential role and development, and help with vitamin absorption. approximately 30 - 31 g from 0 - 12 months.

ne mineralization, calcium balance, cell growth, and Both breastfed and formula-fed infants should

ate during the first year of life, infants are at greater n cause poor cognitive, neurological, and motor give iron-containing complementary foods starting ow milk until after 12 months. Iron-rich food sources chokes, and lean red meat.

or thyroid function. The Adequate Intake of iodine for day, and 130 µg per day for infants ages 7 - 12 months. iodized salt, seafood, eggs, navy beans, and potatoes.



We spoke with Dr. Etienne about the intersections between nutrition, culture, and community. We also heard about the importance of cultural awareness in making nutrition recommendations, as well as the impact that family has on our culinary habits throughout our lives.

Mill Etienne, M.D., M.P.H., F.A.A.N., F.A.E.S. associate professor of neurology and medicine is an alumnus of New York Medical College. He currently serves as associate dean for student affairs and also directs the fourth year multiculturalism in medicine elective at the NYMC School of Medicine. Dr. Etienne is a visiting scholar at the National Center for Bioethics in Research and Health Care at Tuskegee University and he is director of the Epilepsy and EEG Laboratory at Good Samaritan Regional Medical Center, part of the Westchester Medical Center Health Network. He is currently serving as the President of the New York State Neurological Society.

Q What is your take on how food influences family dynamics? Do you believe that cooking and eating together plays an important role in building a strong family foundation?

For many cultures around the world; food, eating and cooking play a significant role in the family dynamics. One's diet is often a significant part of a person's identity. Whether everyone in the family is eating the same type of food or different types of food based on their dietary restrictions, allergies and personal beliefs about food; this will have a significant impact on family dynamics.

Cooking and eating together is important and contributes immensely to building a strong family foundation. Although we eat to nourish our bodies, eating can also be viewed as a social event. Sitting down and breaking bread with family members provides an opportunity to enjoy each other's company and discuss the plans for the day if it is breakfast time or discuss what took place on that day if we are looking at dinner/supper time. Having that time together free of technology is very important and should be viewed as a sacred time to enjoy each other's company. For many families, this may be the only time that everyone gets to spend time together. For younger children, during this time they can have their parents/guardian's undivided attention. For even younger children, this may be an opportunity for them to build their vocabulary and learn new words from older family members through discussion or even just listening. Eating together on a regular basis can also be a way to demonstrate consistency. This becomes something that people can count on. It is important to keep in mind the many meanings of family as there are many different types of households or units that one may be a part of, whether it be a nuclear, extended, reconstituted, single parent, cohabitation family or the family one claims when they are in a college/university setting, military setting or even a traditional work setting.

Q Culture, whether passed down or acquired, can have a strong influence on an individual's consumption patterns and dietary choices. How can physicians be more mindful of cultural ties to food when recommending lifestyle or dietary change?

If a medical provider makes a recommendation to a patient and that recommendation is in direct conflict with an element of their culture, this could be a non-starter for the patient and result in less adherence to the recommendation made by the medical provider. Medical providers should demonstrate cultural humility and approach the patient with some level of inquisitiveness and desire to learn and understand the patient and their culture. When the patient sees you approaching them in this manner and that you are taking their complete self into account when making your recommendations, there is a greater likelihood that they will adhere to your recommendations. Once the provider has that understanding of the patient's cultural ties to food, the recommendations can be more specific and tailored to the individual patient.

Q Are there certain cultural practices that have developed over time that feed into both positive and negative health aspects?

The idea of eating a balanced meal is common to cultures around the world. Including protein, starch, fruits, vegetables in your meal is a positive cultural practice. This helps to ensure that you are getting the appropriate vitamins and minerals into your body. In American culture, people often like to setup meetings over a meal. It is great to be reminded of the importance of eating and nourishing our bodies. Although it is positive that you are fitting in a meal and may also get an extra meeting out of the way, this is also a negative since that mealtime has been turned into a time to do more work. Turning every mealtime into a meeting can contribute to burnout in the long run so it is important to not make this a regular occurrence.

There are numerous holidays that people tend to gather for a meal and often people feel the need to eat a great deal during these meals. The idea of "eating until you are full," has been perpetuated with many of these holidays. The idea of filling your body with food is partly related to the idea that one may not know where the next meal will be coming from. For those who are not destitute and are eating regular meals, there is really no need to fill your body with food. This is not necessary, and it is not helpful to perpetuate this idea.



Q&A

Culture, whether passed down or acquired, can have a strong influence on an individual's consumption patterns and dietary choices. How can physicians be more mindful of cultural ties to food when recommending lifestyle or dietary change?

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What are your beliefs surrounding food and culture? Do you think the culinary practices of some cultures, for example community-wide meals or food- focused events, can influence group dynamics?

Food is a very important contributor to one's culture. I also believe that culture is very personal and as you go from household to household looking at people with a similar cultural background, you might find some differences based on how each person or family has defined various elements of the culture. The most well-known community-wide meal that we have here in the United States is Thanksgiving. When one thinks of Thanksgiving, common images that come to mind are lots of people and lots of food. This "super-bowl" of meals in America is one where people can catch up on what has happened since the last big family meal. Additionally, holidays like Independence Day and Labor Day have come to be associated with large gatherings to eat outside as a community. I recall my time living in Harlem when Juneteenth was always a tremendous community gathering with food and festivities. Over the past couple years, the importance of this group dynamic has been made quite clear as we have been discouraged from having the large family gatherings, may have noted obvious changes since one or more of their loved ones may have passed away from complications related to the pandemic. Even one less person immediately changes the group dynamics. Some cultures have a community-wide meal on a weekly basis or even more often.

This provides much of the same type of offerings as the Thanksgiving meal I previously described. Importantly, the time spent breaking bread with other people provides an opportunity to get to know people in a less threatening environment and can alter group dynamic beyond the confines of the meal.

Many traditional, cultural dishes carry more weight than just taste and flavor. What are some ways individuals can honor their heritage and culture, while trying to improve health and prevent chronic disease?

In order to provide holistic care to your patients, it is important that you find out what is important to them. This often includes getting an understanding of their culture and how food is viewed in their culture. So as a physician, it is important to gain a solid understanding of this facet of your patient's lives. If there are certain foods that are important in the culture that may have what appear to be unhealthy elements, it would be useful to explore ways to make that food more healthy. You do not have to deprive yourself of the foods that you love and that may be an integral part of your life. It may be as simple as using less sugar, less salt or using a different type of oil (or eliminating the oil) when prepping that particular meal.

Q How do your personal food practices connect you with family, community, and culture?

Every year I have kept a tradition of giving up consuming meat items during lent, which coincidentally typically falls during Black History Month. My family, my extended family and the staff in my office have come to be aware of this and it is always interesting to see how everyone respects that aspect of my choice. I find that this helps build a stronger connection between myself and those around me. I find that it also helps me to have a greater appreciation for others who adhere to certain types of diets whether it be for religious or other reasons. There are many different reasons why people adhere to certain diets and understanding why people do what they do can contribute to strong connections with them. When I spend time with people of various different cultures throughout the year, if I am celebrating a particular holiday or event with members of that group, I I will temporarily adhere to the practices of their culture so that I could better experience their culture. While eating connects and creates strong bonds between people, interestingly, fasting with others can also contribute to strong connections with family, community, and culture.



BY: CHRISTOPHER HOKE MEDIA REFLECTION

For me, soul food isn't just comfort food. It also acts as a gateway for my palette to be reminded of meals back home. I can't have okra and grits without thinking about happy Sunday mornings with my dad cooking his Southern breakfasts. Just as well, I can't have someone's sweet potato pie without the obligatory comparison to my grandmother's famous renditions of the dish (albeit 'famous' is family proclaimed).

The passing on of these dishes is similar to the carrying of the baton in a track race. Listening to the nostalgic memories of my parents, aunts and uncles when they talk about the meals they had growing up makes me feel closer to my heritage. The familiarity of hearing, "Oh you almost have that tasting like great-grandma used to make!" adds an extra layer of excitement to the experience knowing that the tastes that I'm currently enjoying have been creating similar experiences for decades.

Today, I want to share with you a video featuring celebrity Chef G. Garvin working with the Black Women's Health Imperative. In the video, Chef Garvin adds some healthy additions and substitutions to 3 Southern dishes: Black Eyed Peas with Andouille Sausage and Vidalia Onions, Blackened Salmon with Israeli Couscous, and Southern Style Chicken Breast w/ Seasoned Brown Rice.

The goal of The Black Women's Health

Imperative in making this video was to push for lifestyle changes to prevent type 2 diabetes and improve personal wellness especially in the black community. Along with the healthy techniques that Chef Garvin brings to the dishes, when watching the video you will notice that he does his best to cut down on salt in the foods. With hypertension being very common in black and brown communities this advice really elevates the dishes to another level for me.

To add to the delicious food he made, I also appreciated how Chef Garvin always tied the cooking back to growing up and the power it had in bringing his family and community together. One thing he talks about when considering his changes is that there were



several additions and substitutions that his mother would never make. He highlighted this sentiment, that this was okay as it is his (and our) job to explore ways to make the dishes our own, adding a sense of progression. He also mentions that it is okay to have some of the regular Southern staple meals, but that his goal for the video was to highlight easy, healthy options that we could incorporate into our repertoire more regularly.

VIDEO LINK:

https://www.youtube.com/watch?v=VVhnGIIJyZg&ab_ channel=BlackWomensHealthImperative_

COMMUNITY SPOTLIGHT

Student National Medical Association

By: Sarah Smith

The Student National Medical Association (SNMA) is an organization that is committed to supporting current and future underrepresented minority medical (URM) students and increasing the number of clinically excellent, culturally competent, and socially conscious physicians. Here at NYMC, our local chapter has been celebrating Black History Month to recognize our own students and continue our mission of uplifting the next generation of URM physicians.

We started the month with an emphasis on Community where we highlighted two members of the Class of 2025. To learn more about them, check out our Community Spotlights on our Instagram page (snma_nymc_).

We also hosted our annual event, Med Student for a Day, where we invited pre-medical students to spend the day with us (on zoom). The day's activities consisted of student panels, one-onone MMI mock interview practice, a thought-provoking lecture given by Dr. Etienne on implicit bias and how this affects patient outcomes, as well as a fun and interactive

birth-simulation by Dr. Whitt. Students were also able to hear presentations from Admissions, Mr. Demaio, and our financial guru, Tony Sozzo.

The third week of Black History Month was all about Health & Wellness. We wanted to stress the importance of self-care and making sure that we are taking the best care of our overall well-being. Students were able to attend a private yoga class, compete in a virtual steps competition where students logged how many steps they took each day. We also teamed up with the Student Wellness Committee and hosted a Take-a-Break event for students to recharge, destress, and relax.

This last week of Black History Month, we'll be focusing on the many innovations and contributions that Black people have made in science. Our goal is to spread light on the amazing accomplishments of these physician leaders, past and present. Look out for our email to learn all about them!



CHEF'S CORNER

PROVIDED BY THE NYMC COMMUNITY



SECTION 6 SARAH SMITH CLASS OF 2024

Jerk Salmon topped with Pumpkin Shrimp

How does food connect you to your family/community?

Cooking is a huge part of my family and community. It brings us together as we bond over stories of the past and our shared identity. My mother always tells me stories of my grandmother and how she was known in their town for her amazing dishes. Neighbors, friends, and family would all stop by to get a taste of Mrs. Joyce's food. Although I never had the chance to meet my grandmother, I imagine what her food tastes like through my mom who's just as passionate about cooking as her mom was.

Ingredients

For the salmon:

- 3lb Salmon filet
- 1 tsp jerk sauce
- 1tbsp honey
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 packet Sazon
- Salt to taste
- 1tbsp Mrs. Dash
- 1 tsp scotch bonnet sauce



For the topping:

- 1 lb raw shrimp
- 1/2 tsp garlic powder •
- 1/2 tsp onion powder
- salt to taste
- 1/2 tsp Mrs. Dash
- 1/2 cup pumpkin
- 1/2 stick butter
- 2 cloves of fresh garlic
- 1 tsp olive oil

Culinary Medicine Fact:

This recipe is rich in vitamin A and omega 3 fatty acids, and provides an excellent source of lean protein!



Directions

For the Salmon:

- Coat salmon with olive oil.
- 2.
- Top with honey. 3.
- Bake at 350 degrees for 15-18 minutes. 4.

For the Topping:

- 5.
- 6.

they are caramelized.

- Add pumpkin and saute for 5 minutes. 7.
- 8. Add in butter and shrimp and cook for 2-3 min on each side



Add jerk sauce, scotch bonnet, and dry seasonings to salmon and rub it in.

Season shrimp with garlic powder, onion powder, salt, and Mrs. Dash.

Add olive oil to a pan, add garlic and onions and saute on medium heat until

SECTION 6 VICTORIA AFOLAYAN CLASS OF 2024

Poin Poin a popular Nigerian dish

How does food connect you to your family/community?

A popular saying in Nigerian culture is "there is rice at home" when you ask to get food from a fast food restaurant etc McDonald. We pride ourselves in eating fresh home cooked meals that are very nutritious. Growing up my family always emphasized being in the kitchen and cooking together to keep the culture strong even when we are far from home.



- \cdot 11/2 cups black eyed beans
- 1/2 medium onion (chopped)
- 1 chopped red bell pepper
- 1-2 Scotch bonnet pepper
- 2 boiled and de-shelled eggs (sliced)
- 1 tablespoon ground crayfish



- 3 tablespoons oil
- 3 tablespoons melted butter (optional)
- 1 bouillon cube (Maggi)
- Salt (to taste)
- l cup water

Directions

Pre-soak the beans in warm water (preferably overnight) 2. 3. are split. If not, run food processor for another couple minutes. 4. 5. until all the separated skins are removed from the beans. 6. until you have a very smooth mixture. set aside to cool. Once cooled, add to mixture. Taste and adjust for seasoning.

9.

aluminum foil.

45-60 minutes

12. Remove from heat and set aside to cool.



Culinary Medicine Fact:

This recipe is rich in potassium, dietary fiber, and provides an excellent source of lean protein!

- Peel the beans by putting them into a food processor with 2 cups warm water.
- Run food processor for 3 minutes and check to make sure most of the beans
- Transfer the beans to large bowl with water and stir bowl using your hand.
- Pour the water through a sieve, collecting loose skins and repeat this process
- Combine beans, red bell pepper, onion and 1 cup water in a blender, blend
- 7. Dissolve salt, oil, crayfish and bouillon cube in 2 tablespoons of boiling water,
- 8. With a spatula or electric mixer, mix thoroughly to fluff for about 10 minutes.
 - Add 4 cups water to a large pot, set on high heat and bring to a boil.
- 10. Oil a loaf pan, pour half of the mixture into the loaf pan, add in the sliced boiled eggs. Pour in the rest of the mixture. Cover the loaf pan tightly with some
- 11. Place the mixture filled loaf pan in the pot of water (it shouldn't be covered in water), place a tight lid over the pot and reduce the heat to medium. Steam for

SECTION 6 KARA RICKFORD CLASS OF 2024

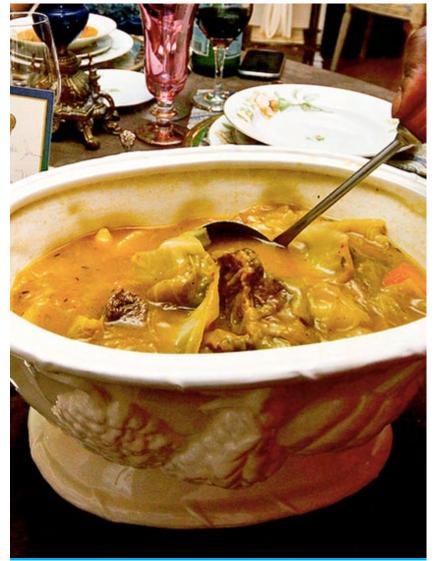
Soup Journon

How does food connect you to your family/community?

My mom was born in northern Haiti in Pilate and grew up in the capital, Port-au-Prince. She was raised by her aunt and learned many of what came to be my favorite recipes. Most years on January 1st she makes soup joumou, which is a savory, rich soup made with squash/pumpkin, beef, and vegetables. I look forward to it every year alongside bannann peze (fried plantains), my granddad's lanbi (conch), and of course, rice and beans. Although a recipe is attached for reference, I've rarely seen my mom measure anything. For historical context, January 1st marks the anniversary of Haiti's liberation from France in 1804 and continues to be celebrated today as Haiti's Independence Day. This historic day celebrates Haiti as the first black-led republic in the world and the first country in the Western Hemisphere to abolish slavery. On this day, serving and eating "Soup Joumou" is an integral part of the celebration.

Ingredients

- 1 pound Caribbean pumpkin or butternut squash •
- 8 cups water
- 1 pound cubed meat for soup, or turkey parts
- Salt to taste
- 1 teaspoon black pepper
- 4 cloves garlic, crushed
- 1 pound soup bones (optional)
- 1 sprig thyme, or 1 teaspoon dried thyme leaves
- 2 whole cloves garlic
- 1 celery stalk, chopped
- 1 large onion, chopped



- 2 potatoes, cubed
- 1 chayote, cubed (optional)
- 1 small cabbage, coarsely chopped
- 1 turnip, diced
- 2 carrots. sliced
- 2 leeks, white part only, cut into 1-inch pieces (optional)
- 1 tablespoon chopped parsley
- 1 whole Scotch bonnet, or other hot pepper (optional)
- 1 pound spaghetti; broken in pieces
- 1 teaspoon lime juice or vinegar

Directions

- turkey, salt, pepper, garlic, thyme, cloves, bones, celery and onion. 2. meat is tender.
- 3.
- 4. pepper as it is very hot).

- using frozen squash, add at this time.
- 6. Add the spaghetti and lime juice. Bring to a boil again and cook until

spaghetti is done, about 10 minutes.

- 7. Remove pepper and stir to blend ingredients.
- 8. Adjust seasoning to taste.



Culinary Medicine Fact:

This recipe is high in fiber, folate, antioxidants, and a variety of immune-protecting vitamins!

Peel and coarsely chop pumpkin. Add to a large pot along with water, meat or

Bring to boil; lower heat, cover and simmer for about one hour or until the

Remove pumpkin with a little of the broth and puree in the blender.

Return pumpkin to pot and add the potatoes, chayote, cabbage, turnip,

carrots, leeks, parsley and hot pepper. (Be careful not to break the skin of the

5. Bring to a boil, lower heat and simmer until the vegetables are almost done. If

We polled the NYMC SOM student body about how food connects you to your culture, family, and community. These are the results:

always black-les Journou influences beans forn earling savory like many imagine rowing cooking home celebration grandmother far squash/pumpkin around even faste fanuary rance shared vegesables rarely historic liberation famili dobe measure popular conch forward just community lanbi every Although aunt huge stop moto ories own bannann soup ourselves granddadis who's CAN/A Haili nutritions makes love together Haili's