

2024 Galengar

FEATURING THE ENTRIES FOR THE WOMEN ENSURING FOOD SECURITY AND NUTRITION: FORGOTTEN FOODS COOKING CONTEST





Women Ensuring Food Security and Nutrition: Forgotten Foods Cooking Contest

The contest was conducted by the consortium Asian Farmers' Association for Sustainable Rural Development (AFA) and La Via Campesina (LVC) from 2022-2023 aimed at raising awareness on many forgotten native or indigenous food crops and promoting the production and consumption of these crops; recognizing the role of farming communities, in particular women farmers, as keepers and conservators of indigenous crops; recognizing the role of women in promoting nutrition in their households by integrating native foods into local cuisines; highlighting the nutritional value of forgotten indigenous foods; and showcasing the rich biodiversity, and exquisite native cuisines and food cultures of Asia and the Pacific.

The contest was participated by women farmers, fishers, indigenous peoples, forest users, herders, pastoralists, etc., who are members of farmer groups under the APFP, FO4A, and ARISE programs. For more information about this activity, visit bit.ly/cookforgottenfoods.

APFP-FO4A is co-financed by the European Union (EU) and the International Fund for Agricultural Development (IFAD) and is implemented by AFA-LVC. ARISE was financed by IFAD and is implemented by AFA.











Dry Fish, with, Sweet Folato Leaves and Cassava Chop

Bangladesh



These nutritious dishes use locally grown crops and spices, promoting community and sustainability. Get the recipe at bit.ly/cookforgottenfoods.

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New Year Pongal (India & Sri Lanka)

January 2024

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Lunar New Year Tet (Vietnam)







The distinctive flavor of this dish is achieved through a harmonious blend of indigenous spices used in marinating the goat meat. Get the recipe at bit.ly/cookforgottenfoods.

Fried Mourtain Goat with Galangal

Dry Meat with Bon Kuda Bangladesh



This dish features hand-processed rice, traditional sundried beef, locally sourced vegetables, and indigenous spices. Get the recipe at bit.ly/cookforgottenfoods.

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Ramadan Holi (India) Holy Week

March 2024

World Wildlife Day International Women's Day International Day of Forests World Water Day



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RamadanQingming Festival (China)Eid al-FitrSongkran (Thailand)Aluth Avurudda (Sri Lanka)Pi Mai (Laos)Navavarsha (Nepal)Thingyan (Myanmar)Pohela Boishakh (Bangladesh)Khmer New Year (Cambodia)



Breadfruit French, Joast Tonga



Fresh fruits and indigenous food products cultivated, processed, and packaged in Tonga were used in crafting this delightful and innovative treat. Get the recipe at bit.ly/cookforgottenfoods.

Stearned Sand Flower

Indonesia



Kembang pasir offers subtle sweetness and a neutral fragrance. Rich in fiber and easily accessible, it's a local dietary staple, used in salads, stir-fries, and steamed dishes. Get the recipe at bit.ly/cookforgottenfoods.

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Labor Day Buddha's Birthday

11/a.U 2024

- International Tea Day
- International Day for Biological Diversity





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Eid al-AdhaWorld Milk DayPancasila Day (Indonesia)World Environment DayDragon Boat FestivalWorld Oceans Day



Kokor Cambodia



This dish, crafted from a medley of locally sourced vegetables and authentic ingredients, holds a cherished place in the country's culinary history. Get the recipe at bit.ly/cookforgottenfoods.

lawof-lawof Philippines



This dish, a blend of mountain veggies, leafy greens, wild mushrooms, and herbs in coconut milk, was once a common local staple, remembered by elders for its nutrient-rich contributions to community strength. Get the recipe at bit.ly/cookforgottenfoods.

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Naadam (Mongolia) Asalha Puja (Indonesia, Cambodia, Thailand, Sri Lanka, Laos, & Myanmar) Ashura International Day of Cooperatives

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Gai Jatra (Nepal) International Day of the World's Indigenous Peoples International Youth Day



Braised Loach Fish in Clay Fot Vietnam

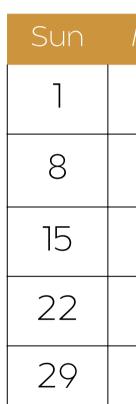
This dish is known for its intricate and time-consuming cooking process, contributing to its exceptional and distinctive flavor profile. A harmonious blend of herbs and spices makes it both a culinary delight and a rich source of nutrients. Get the recipe at bit.ly/cookforgottenfoods.



Spronted Spinach and Fork Ear Salad Vietnam



This easy-to-prepare dish combines the delicate flavors of thinly sliced pork ear with a medley of crisp vegetables, all harmonized by a zesty and sweet sauce. Get the recipe at bit.ly/cookforgottenfoods.



Mid-Autu Mawlid

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Mid-Autumn Festival (China)





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Vijayadashami (India) Durga Puja (India) International Coffee Day International Day of Rural Women World Food Day







This delectable dish is an essential source of sustenance and is typically prepared for farmers before they embark on strenous hours of labor in the fields. Get the recipe at bit.ly/cookforgottenfoods.

Dhido and Sisno Soup with Akabare Chili Nepal



This smooth and vibrant green soup is notable for its main ingredients-stinging nettles and fiery akabare chili

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All Saints' Day All Souls Day Diwali (India) Loy Krathong (Thailand)

Novemper 2024



Decemper 2024

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Christmas World Soil Day International Human Rights Day



Barrhoo Shoot Herbal Soup



This flavorful dish incorporates a medley of indigenous vegetables and herbs including bamboo shoots, pumpkin, sponge gourd, and bai ya nang, making it ultra nutritious. Get the recipe at bit.ly/cookforgottenfoods.



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