

IMPLEMENTED BY:



APFP-FO4A

SUPPORTED BY:



2024 Calendar

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 Potato 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.

January 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

New Year
Pongal (India & Sri Lanka)

February 2024

Fried Mountain Goat with Galangal Vietnam

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
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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.

Dry Meat with Bou Khuda

Bangladesh



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

March

2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
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24	25	26	27	28	29	30
31						

Ramadan
Holi (India)
Holy Week

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

April 2024

Breadfruit French Toast Tonga

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



Ramadan
Eid al-Fitr
Aluth Avurudda (Sri Lanka)
Navavarsha (Nepal)
Pohela Boishakh (Bangladesh)

Qingming Festival (China)
Songkran (Thailand)
Pi Mai (Laos)
Thingyan (Myanmar)
Khmer New Year (Cambodia)

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.

Steamed 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.

May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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26	27	28	29	30	31	

Labor Day

Buddha's Birthday

International Tea Day

International Day for Biological Diversity

June 2024

Kokor
Cambodia

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
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23	24	25	26	27	28	29
30						

Eid al-Adha

Pancasila Day (Indonesia)

Dragon Boat Festival

World Milk Day

World Environment Day

World Oceans Day



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.

IMPLEMENTED BY:



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Lawot-fawot
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.

July
2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
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21	22	23	24	25	26	27
28	29	30	31			

Naadam (Mongolia)

Asalha Puja (Indonesia, Cambodia, Thailand, Sri Lanka, Laos, & Myanmar)

Ashura

International Day of Cooperatives

August 2024

Braised Loach Fish in Clay Pot Vietnam

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
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Gai Jatra (Nepal)
International Day of the World's Indigenous Peoples
International Youth Day

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.

Sprouted Spinach and Pork 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.

September

2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
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22	23	24	25	26	27	28
29	30					

Mid-Autumn Festival (China)
Mawlid

October 2024

Kiri Roti
Sri Lanka

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
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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 strenuous hours of labor in the fields. Get the recipe at bit.ly/cookforgottenfoods.

Dhido and Sisno Soup with Akabare Chifi

Nepal



This smooth and vibrant green soup is notable for its main ingredients-stinging nettles and fiery akabare chili that requires careful handling. Get the recipe at bit.ly/cookforgottenfoods.

November 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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17	18	19	20	21	22	23
24	25	26	27	28	29	30

All Saints' Day

All Souls Day

Diwali (India)

Loy Krathong (Thailand)

December

2024

Bamboo Shoot Herbal Soup

LAOS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Christmas
 World Soil Day
 International Human Rights Day



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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