



Right Sharing

of WORLD RESOURCES

SPRING 2019 | www.rswr.org

Making food, changing lives

Everyone loves to eat! When groups choose which businesses to start with a loan from a Right Sharing grant, they are sure to pay attention to what would be sensible and profitable in their particular circumstances. Many different types of businesses are run in Kenya, Sierra Leone, and India, but in all three places, food businesses are popular. This newsletter features some of the many groups and women who have transformed their



lives (and the lives of their families and communities) through a food business.

Anne Midika is the chairwoman of Jitahidi Women Group in Kenya.

She is 38 years old and supports her husband and three children, as well as a niece. Anne loves to cook and realized a food kiosk would be a good business, so she started making stew and chapati. She used her loan from the RSWR

Anne Midika, chairwoman of Jitahidi Women Group in Kenya, making stew.



Rahuman Bibi making her idly.

grant to upgrade her business, and her monthly income has doubled from \$20 to \$40. Anne says she is living a transformed life and can now support her family in all ways: food, clothing, education, healthcare, and housing.

Rahuman Bibi is a member of Social Health Improvement of Women Association (SHIWA) in Tamil Nadu, India. She is 44 years old and is a widowed mother of two young children and caretaker for her elderly mother. Previously, she worked as a household maid for well-to-do families and struggled to feed her family well, making around \$15 per month. She used her loan from the RSWR grant to start a business making and selling idly (boiled rice cakes). She now earns around \$57 per

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“LET US THEN SEE WHAT LOVE CAN DO.” – William Penn, 17th Century Quaker

GOD CALLS US TO THE RIGHT SHARING OF WORLD RESOURCES, FROM THE BURDENS OF MATERIALISM AND POVERTY INTO THE ABUNDANCE OF GOD’S LOVE, TO WORK FOR EQUITY THROUGH PARTNERSHIP WITH OUR SISTERS AND BROTHERS THROUGHOUT THE WORLD.

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month, almost quadrupling her monthly income. She is now able to provide for her children and mother.

Njagbawo Destitute Women Development Project (NDWDP) in Sierra Leone was begun in 1994, during the rebel war, by 30 women who were trying to better their economic situation. During the war, 18 of the women were killed in a cross-fire in the village, and eight were kidnapped by the rebels and taken to be their wives. Virtually everything owned by the project was destroyed. The remaining women escaped to safety, but struggled to survive. After the war, they returned to their village and restarted the project with new recruits. They received a grant from RSWR in 2017. The group decided to grow groundnuts and corn, and the project is doing well. Their groundnut harvest this year was very good, and recently, they got a contract with a big poultry farm to supply the corn for the chicken feed.



The women of Njagbawo Destitute Women Development Project (NDWDP) and RSWR Sierra Leone Field Representative Sallian Sankoh (far right).

Cooking with our partners



Elizabeth, of Kano Women Group in Kenya, cooking chapati.

The recipes for chai tea and chapati are both from Leah Sitonik, the wife of the RSWR Field Representative in Kenya, Samson Ababu. Our thanks to Leah for sharing these recipes!

KENYAN CHAI TEA

Indian traders and workers in Kenya in the early 1900s brought with them chai tea and it became the most popular beverage in Kenya. Today in Kenya, no meal is complete without a cup of chai.

- | | |
|--|------------------------------|
| 3 cups water | 1/8 teaspoon ginger |
| 1 heaping teaspoon loose black tea (more for a stronger taste) | 1/8 teaspoon ground cardamom |
| 1 small pinch of rosemary | 1/8 teaspoon cinnamon |
| | 1 cup milk |

Combine spices, tea, and water. Bring to a boil. Reduce to a simmer and simmer for 3 minutes. Add milk and reheat until just below boiling. Remove from heat and strain into a teapot. Add sugar to taste.

Cooking with our partners

CHAPATI

MAKES 8 LARGE OR 16 SMALL CHAPATIS | LASTS FOR 1 OR 2 DAYS

3 cups flour 1 cup water
1 teaspoon salt 1 tablespoon plus 1 teaspoon vegetable oil

- Mix ingredients well until it makes a smooth dough. Cover and let sit for 20 minutes.
- Form into small or medium balls, depending on the size of chapati that you want.
- One by one, roll each ball out into a thin, flat circle. Spread a thin layer of additional oil or butter over it and then roll up like a thick pencil. Twist it into a knot and set it aside as you do the other balls the same way. This will cause the finished chapatis to have layers.
- Now roll the twists you just made into thin, flat circles again, one by one, and fry in a hot pan over medium high heat. Don't put any butter or oil in the pan – just fry the chapati dry. Fry for

Chapati cooking on a charcoal stove



1 to 1½ minutes on each side, until they are golden.

- Take out and put on a plate. Now you can spread butter on them to make them soft.
- Fry just as many as you can eat in one sitting because they are best piping hot.
- You can save any remaining dough in the refrigerator to be fried up later, or you can fry it all and store the uneaten ones in the refrigerator to be reheated in the microwave later.

The chapati can be eaten either as a sweet treat with butter and jam, or as part of a savory meal topped with beans or meat. You can also add spices to the dough such as cinnamon or cumin, depending on your tastes.



Some of the groundnuts harvested by NDWDP, ready for sale.

GROUNDNUT STEW

Also known as “peanut butter stew,” this flavorful stew highlights one of the crops often grown by groups in Sierra Leone and Kenya.

SERVES 6

1 medium whole chicken, cut into pieces	1 large onion, chopped	1/2 cup groundnut paste (smooth peanut butter)
1 Tbs. salt	1 large pepper, chopped	2 cups chicken stock
1 tsp. pepper	5 cloves garlic	1/2 tsp. cayenne pepper, optional
5 Tbs. peanut or canola oil	2 large tomatoes, diced	
	1-2 Tbs. tomato paste	

Season chicken with salt and pepper and then brown in 3 Tbs. oil. While the chicken is browning, chop the onion and pepper and crush the garlic into a paste. Add about half the garlic to the pan so the chicken and garlic can brown together. When the chicken has browned nicely on both sides, remove it from the pan and set aside.

Add the remaining oil to the same pan. Add the chopped onions and peppers and cook for about 8-10 minutes, or until soft and translucent. Add the tomatoes, tomato paste, and remaining garlic.

Mix well and cook for 3-5 minutes. Then add the groundnut paste (peanut butter) and stir.

Put the browned chicken back in the pan and add the stock slowly while stirring so that it is incorporated with the sauce. Cook on low heat for 25 minutes, stirring occasionally so it doesn't stick to the sides. It should reduce slightly and take on a thicker consistency. Add cayenne pepper to taste.

Serve with rice, boiled yam, or cassava.



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From left: Linda, Ed, and Norma, members of the First Friends stamp team, sorting stamps.

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