



A Youth Exchange on Global Food Justice

Eine Welt Netz  NRW

Follow - Up

FROM

BEGINNER

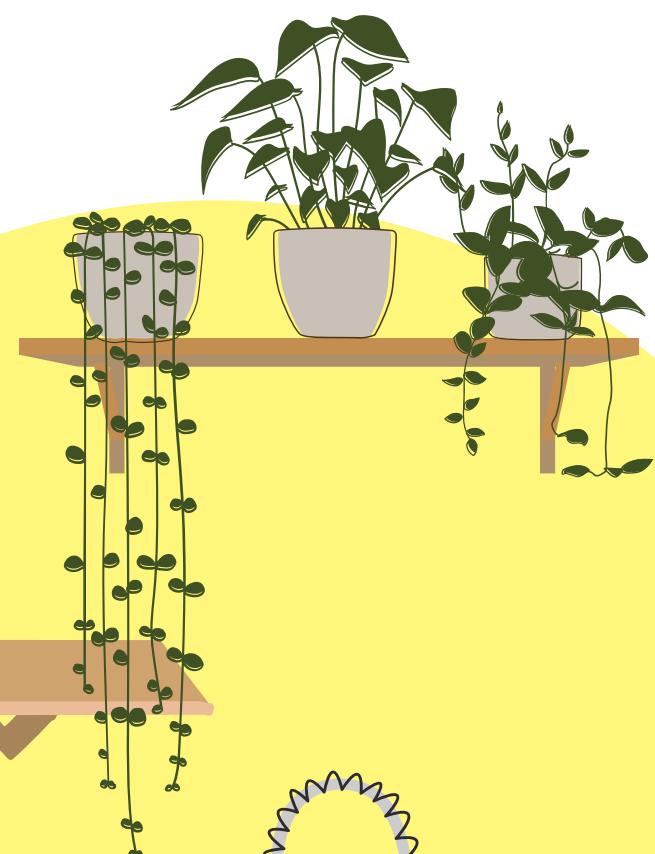
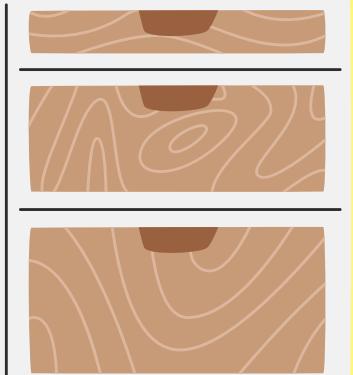
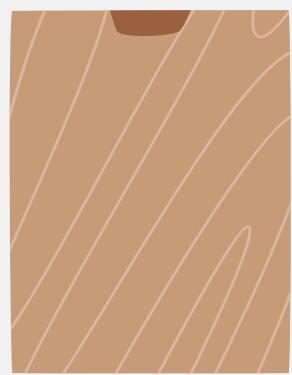
TO

EXPERT



Content

- 1) planetary health
- 2) Herbs
- 3) Herbs - Recipes
- 4) World-Power-Starvation
- 5) Bokashi
- 6) Quick reminder
- 7) Information on dumpster diving
- 8) Quiz
- 9) Your Recipes



Planetary health

Link for the presentation:

https://www.canva.com/design/DAGClPcRnx0/ho16QLIDMZdAO5OePAiDBw/edit?continue_in_browser=true

more information:

<https://www.boell.de/en/tags/ernaehrungssicherheit>

<https://eatforum.org/eat-lancet-commission/>

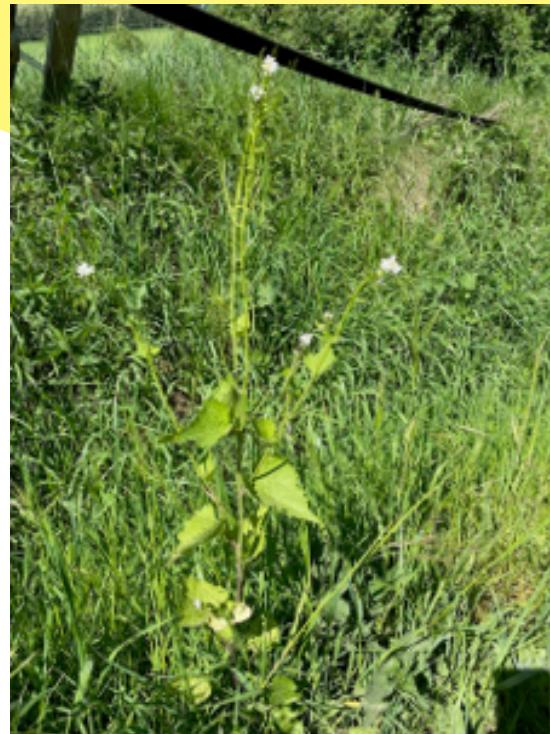


Herbs



Nettle: *Urtica dioica*

- clear identification through stinging hairs
- For soup, spinach or in butter
- has lots of minerals, vitamin A, roughage and trace elements
- has a draining and strengthening effect



Garlic rocket: *Alliaria petiolata*

- Leaves with garlic flavor, white flowers
- Raw for salads, vegetable dishes, herb quark
- Rich in essential oils, vitamins A and C, minerals



Goutweed: *Aegopodium podagraria*:

- Umbellifer, 3-part branched whole leaf, toothed edges, smell and taste similar to parsley
- Raw for salads, cooked like spinach/leaves and flower
- Rich in K, Mg, Ca, Mn, vitamin A, trace elements
- Healing effects for gout and rheumatism
- Be careful with umbellifers: poisonous doppelgangers!

Herbs



Ground ivy: *Glechoma hederacea*

- Climbing, creeping
- Spice herb, lemonade
- Tannins, bitter substances, vitamin C,
- Wound healing



Dandelion: *Traxacum officinale*

- Leaves "tooth-like", flower yellow, milky sap in the stem
- Salad, vegetable, roots can be used like carrots
- Bitter substances, mucilage, K, vitamin C
- Increases bile, diuretic, strengthens the liver



Ribwort plantain: *Plantago lanceolata*

- Leaves with elongated stems, rosette growth
- Salad, spinach, tea
- Mucilage, flavonoids, vitamin C, silicic acid, zinc
- Forest and meadow plaster, hemostatic, expectorant, cough tea

Herbs – Recipes



Nettle potato chips:

- Wash, dab and roll the fresh nettle tips.
- Dip into the batter made from flour, milk and salt and fry in hot fat until crispy.



Nettle butter

- 250 g vegan butter (room temperature)
- 1 good handful of nettle leaves, 1 pinch of salt

Collect and wash the leaves with a glove, roll with a rolling pin (or glass), cut into small pieces and stir into the salted butter.



Wild garlic pesto

- 2 handfuls of wild garlic, 100g ground hazelnuts, 30 ml olive oil, salt and pepper

Finely chop the wild garlic, mix with oil and salt/pepper and ground hazelnuts and puree.

Herb quark

- 500 g (soy) quark, 2 tbsp oil, salt/pepper

Stir in chopped herbs such as goutweed, ribwort plantain, wild garlic and garlic rocket.

Herbs - Recipes



Wild garlic salt:

Finely chopped wild garlic leaves are ground with coarse salt using a hand mortar.

Leave the green salt to dry for at least 8 hours and bottle



Wild Garlic- Goutweed butter

250 g vegan butter (room temperature)

1 good handful of leaves 2/3 wild garlic, 1/3 wild garlic, 1 pinch of salt

Cut into small pieces, mix in

Goutweed - Ground ivy lemonade

Place 1 bunch (approx. 10 stalks) of young ground ivy and goutweed in apple juice for at least 6 hours.

Place in 1/4 l apple juice with 2 lemon slices and mineral water.

Remove the herbs and lemons: if necessary, top up with mineral water and enjoy as lemonade!

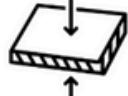


The collected herbs need to be washed to exclude impurities and fox tapeworm!

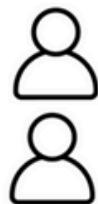


World - Power - Hunger



				
Innovation	Innovation	Resource	Resource	Resource
5.50 \$	5.50 \$	5.50 \$	1 1.90 \$ 3 5.50 \$	1 1.90 \$ 3 5.50 \$

Workforce



from countries
1-5, 17, 20, 30

from countries
6-16, 18, 19, 21-29

100.00 \$

5.50 \$



Links:

For the Money:

[https://www.canva.com/design/DAGCMws7rRI/LKpNdGUOLwoZrrF81nFcZg/edit?
utm_content=DAGCMws7rRI&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton](https://www.canva.com/design/DAGCMws7rRI/LKpNdGUOLwoZrrF81nFcZg/edit?utm_content=DAGCMws7rRI&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton)

Cards:

[https://www.canva.com/design/DAGCMRXnwTM/3EpTqFmBF1X3Yq5HZy5lzA/edit?
utm_content=DAGCMRXnwTM&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton](https://www.canva.com/design/DAGCMRXnwTM/3EpTqFmBF1X3Yq5HZy5lzA/edit?utm_content=DAGCMRXnwTM&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton)

Country- Information

[https://www.canva.com/design/DAGBdLCvX5w/FHfTD9ODDiFiYn4QJdmuFA/edit?
utm_content=DAGBdLCvX5w&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton](https://www.canva.com/design/DAGBdLCvX5w/FHfTD9ODDiFiYn4QJdmuFA/edit?utm_content=DAGBdLCvX5w&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton)

Bokashi

From Food Waste
to Worm Feed
to Humus to Food



We took our food waste of three days and filled the special "Bokashi-Buckets" with it like instructed by Nasti. The food waste was fermented by effective microorganisms - our little helpers.

After ten days, Nasti sent us a video and photos showing the process of the Bokashi-fermentation. She took liquid fertilizer as a by-product from the buckets. The Food Waste turned into this and will eventually become very fertile humus.



After three weeks, the Bokashi-ferment was brought to the plants.

Bokashi

Questions? Send a message to Nasti:
nastassja.ott@eine-welt-netz-nrw.de



DIY Bokashi Bucket

For your homemade bucket you need:

- two plastic buckets of the same size with an airtight lid (5-20 l) that can be inserted into each other
- an outlet tap, e.g. from a bag-in-box apple juice carton
- a UK hacksaw
- a pair of nail scissors
- a thick nail
- a hammer
- glue
- Possibly some silicone
- (gaffa tape)



Let's move
to the next
page!

Instructions



Bokashi

Step 1:

First, take one of the buckets and make holes in the bottom. The bokashi juice can later seep from the top bucket into the bottom bucket through the holes. To make holes in the bucket, simply take a nail and carefully poke or hammer it through the plastic or use a cordless screwdriver to screw holes into it.



Step 2:

Now you can prepare your outlet tap. I use the tap from an old bag-in-box apple juice carton. But you can also buy a tap from the DIY store. To ensure that the buckets fit together later, saw off the part of the tap that should be inside the bucket to 5 mm. You don't need to do this with a tap from the DIY store. This is screwed tight with a lock nut.

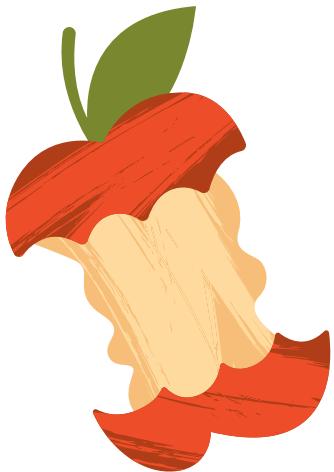
Step 3:

Now let's attach the tap. To do this, first measure the size of the hole for the outlet tap - the centerpiece of the tap should fit through it exactly. Cut the hole in the second bucket, far down on the wall. If you have a thin-walled bucket, you can do this easily with nail scissors.



Step 4:

If you have shortened the tap, now try out whether both buckets still fit into each other. This should definitely be possible. If you insert the two buckets into each other and the inner bucket rests on the tap, the buckets will no longer seal properly at the top. In this is the case, you should shorten the outlet tap by the length of space that the inner bucket still needs.



Step 5:

If the tap fits into the bucket, simply glue it in place. For this step, the two buckets should of course not be inside each other. To ensure that the tap fits snugly while the glue dries, simply tie a string tightly around the outlet tap and the bucket. And now it's time to wait... If the glue doesn't hold, seal the tap with silicone.

Step 6:

Now insert the bucket with the holes in the bottom into the bucket with the tap. If the two buckets don't seal well at the top, you should tape the transition together with gaffa tape. If they fit well, you don't need to do this. Now put the lid on and your Bokashi bucket is ready!

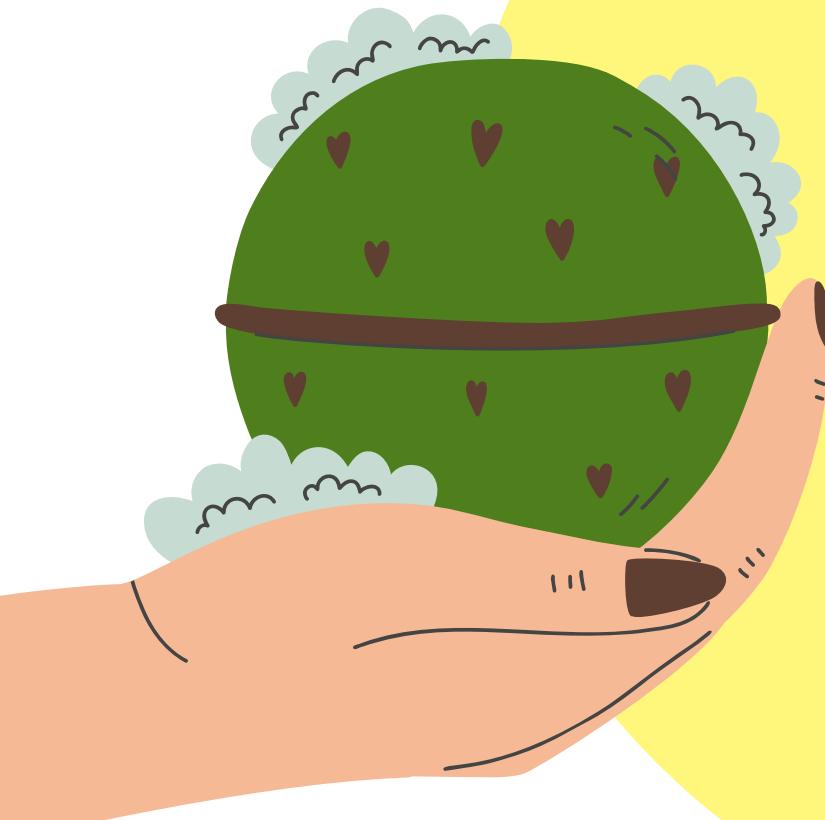
Seed Bombs

We need a big variety of insects to pollinate our vegetables and fruit plants.

Without bees, butterflies, bugs... we would starve.



Our industrial agriculture harms and kills these little helpers by using chemical fertilizer, insecticides and monoculture. We talked about it and helped the insects to survive by rolling Seed Bombs and Seed Papers to sow flowers everywhere we go. We also built some nestboxes for bees and other insects.



Learning

is

fun!



Information: Dumpster diving



Imagine embarking on a treasure hunt where every dive brings the promise of unexpected riches – welcome to the world of dumpster diving.

Dumpster diving is the practice of searching through commercial or residential waste to find items that are still usable, such as food, furniture, or electronics. It's often done to reduce waste and find valuable items without cost.

But that's just a quick snapshot!

New divers often struggle with understanding the legalities, identifying valuable items, and ensuring health and safety during their hunts.

Understanding Dumpster Diving

At its heart, dumpster diving is like a treasure hunt, where the 'treasures' are items that others have thrown away. Think of it as exploring giant outdoor boxes (dumpsters) to find things that are still useful or even exciting!

It's not just about saving money by finding free stuff; it's also about helping our planet. Every time a dumpster diver rescues an item, that's one less thing going to a landfill. This is great for our environment because it means less waste and fewer resources used to make new things. Plus, by reusing and recycling these found items, we're giving them a second chance at life, which is both fun and good for our earth.

So, dumpster diving isn't just an adventure; it's a way to make a difference, both for our wallets and our world!

Legal Considerations and Safety

Before you jump into the exciting world of dumpster diving, it's super important to know about the rules and how to stay safe. Every town or city has its own rules about whether you can take things from dumpsters. Some places say it's okay, while others might have rules against it. It's like playing a game – you need to know the rules before you start.

Information: Dumpster diving

Why Do People Dumpster Dive?

There are all sorts of reasons why people dumpster dive.

The most common one is to find old and thrown out stuff that are still usable and sometimes still edible, especially if they cannot afford to purchase brand new items.

Some do it as a form of hobby because they find dumpster diving adventurous and fun to do.

There are artists too who build artworks from trash with materials other people find as garbage.

Others do it as a simple urban exploration while others do it as a form of contribution to saving the Earth by recycling what is found in dumpsters.

Some entrepreneurs even take advantage of people's trash and make it profitable by doing some rehab to old stuff and selling them.

What Can You Find in Dumpsters?

Dumpsters are basically large trash cans, so you will find all sorts of trash in them. It is just sometimes, one man's trash is another man's treasure. You will be surprised about what you can see inside dumpsters and what other people just want to get rid of. Aside from of course, trash, there are times you will find unused clothes and cosmetics, foods that are about to expire, decorations, toys and sometimes, even electronics. The list goes on and on.

Sometimes you will find nothing and sometimes, you will find rare and even vintage items if you are lucky.

Where Are the Best Places to Dumpster Dive?

You can dive in literally any dumpster that you see as long as they are not protected from trespassers. Here's a list of some of the best places:



Information: Dumpster diving

How Do You Dumpster Dive Like a Pro?

If you want to try dumpster diving, there you might as well do it like a pro to increase your chances of getting precious treasures instead of unwanted disease.

Here are the tips you might want to consider for your first or next dive to the dump:

- 1. Don't go alone.** It is best that you do it with someone else, either a friend or your partner. There are things that might go wrong like bumping into unpleasant people or getting injured. Also, you might not want to find heavy precious furniture only to leave it because you cannot carry it alone by yourself.
- 2. Gear up.** It is important that you wear protective clothing each time you go dumpster diving. Make sure you wear jeans, long-sleeved shirt, tough shoes and most importantly, gloves to protect yourself from getting in contact with filth, broken glass and any type of infection-causing bacteria. You may also want to have a stick to peek around trashes without holding them as well as boxes or plastic bags to put your loot in.
- 3. Mind your health all the time.** There is no such thing as overly cautious especially when it comes to dumpster diving. You will be into contact with some nasty and dangerous stuff so make sure that you drink your water, bring some sanitizer and wipes to clean yourself up after every dive. Make sure to take a shower after your diving session so not to leave any bacteria that could be detrimental to your health.
- 4. Avoid dumpster with hazardous waste.** Avoid going for dumpsters near hospitals and industrial areas that produce hazardous chemicals. There is no way you can get anything useful from those aside from the fact that you could get yourself exposed to some nasty and dangerous stuff.
- 5. Don't leave a mess.** If there is one diving etiquette you want to keep in mind that is to leave no mess after you are done with scavenging. Make sure to leave everything in order and that means everything inside the dumpster just like it originally is. Most people, especially merchants, would just lock up their dumpsters when they find litter all around the area. That means less dumpster for you to dive on to, right?



Dumpster diving takes hunting into a different level. And whether it is your way to help the environment just for a little bit, for some extra cash or for some fun adventure, dumpster diving is definitely a way to go just as long as you know the right and legal way to do it.

FOOD WASTE - THE QUIZ

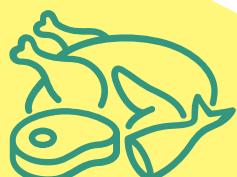
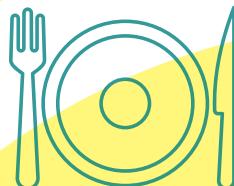
How many of dairy products are lost or wasted in Europe every year?

- A** 15 thousand tonnes
- B** 29 million tonnes
- C** 1 million tonnes



How many people could be fed by the food waste in Europe alone?

- A** 200 million people
- B** 2 million people
- C** 250 million people



How much percent of globally produced meat is wasted?

- A** > 5 %
- B** > 45 %
- C** > 20 %

How much percent of the world's arable land produces food that is wasted?

- A** > 28 %
- B** > 12 %
- C** > 38 %



How much percent of the world's freshwater supply is used to grow food that is never eaten?

- A** > 16 %
- B** > 25 %
- C** > 47 %



FEAST FOR CHANGE

A Youth Exchange on Global Food Justice



Thank you everyone!

Recipes

Name of this amazing dish:

Panceki

This recipe's from:

daddy-cooliger

Ingredients needed:

3 cups of whole grain flour

1 vanilla

5 teaspoons of baking powder

4 tablespoons of brown sugar

fruit, honey,

2 + cups of water

nuts for garnish / on top

seed oil 6 tablespoons

Instructions:

mix everything like a maniac, ot works

throw it in a non-sticky pan with some margarine and pray

you don't burn the house down :) or the pancakes



Recipes

Ticket directly to hell/ Soya

Name of this amazing dish:

Souvlaki

This recipe's from:

Giannis Panagiota

Ingredients needed:

Souvlakia:

6 sticks

1/2 kg tofu

a lot of greek olive oil

oregano

pepper

Insiders:

potatoes

tomatoes

onions

cucumber

Pita:

greek (soya) yoghurt

greek olive oil (extra virgin)

vinegar

garlic

salt

tzatziki

Instructions:

- 1) put greek music
- 2) put the meat at sticks
- 3) do the "meat"
- 4) frie the potatoes
- 5) put all the other ingrediens in a ball and give them some love
- 6) put the souvlakia, potatoes and all the others in the pita

Tip; Enjoy them secretly from greeks because they might be offended



Recipe for the Planetary Health Diet

Name of this amazing dish: Gorbe (Red-Red)

This recipe's from:

Ingredients needed:

Beans, Palm oil, Riped Plantain, Onions, Cabbage, salt
Advocado Pear (Banana), Kiwi and other fruits. Chili
Carrot.

Instructions:

1. Boil only the beans with enough water until it is soft. Fry the Palm oil with onions for 2 minutes.
2. Pour it on the beans and add a little salt. The beans is ready.
3. Fry the Plantain for 7 to 10 minutes.
4. Slice your vegetables such as cabbage and carrots and fruits.
5. Setare your beans in the plate, add the fried Plantain and vegetables and fruit.



Recipe for the Planetary Health Diet

Name of this amazing dish:

This recipe's from: Eduarda, Ana, Suat

Ingredients needed:

· sweet potato	· salt	· lettuce
· mushrooms	· butter	· cucumber
· smoked tofu	· spices	· sweet corn
· soy milk	· nutmeg	· beet
· olive oil	· pepper	· tomato
		· carrot

Instructions:

Sweet potato: put a pot with water in the heat. When it boils, add the peeled and well-washed potatoes, cut into quarters. Season with salt. Let it boil for 20 minutes over low heat. Check the cooking with a fork. Remove from the heat and drain the potatoes. With the help of a fork or a manual crusher, completely undo the potatoes until they gain the puree consistency. Add the butter and wrap until it melts, then add the milk and mix very well. Season with salt, pepper and nutmeg.

Tofu and mushrooms:

In a pan, add a splash of olive oil and sauté the onion and garlic until golden and season with salt



and pepper. Then add tofu and mushrooms. When cooked, turn off and serve with sweet potato puree and salad made to your liking.

Recipe for the Planetary Health Diet

Name of this amazing dish: macarrão, but better

This recipe's from: madeira

Ingredients needed:

whole grain pasta, tomato, carrots, mushrooms, onion, garlic, bell pepper, tofu, beef cubes, olive oil, spices
tomato paste

Instructions:

cut all the veggies
sauté onion and garlic first, then add the rest (w/olive oil)
add the tomato paste and the meat
add a bit of water and the spice, let it simmer
add the pasta and more water if needed
add tofu and mix



Recipe for the Planetary Health Diet

Name of this amazing dish: gigantes (giants)

This recipe's from: Greece

Ingredients needed:

500gr gigantes, salt, 70gr olive oil, 1 onion, 3 sticks celery, 2 carrots, 1 red peper, 1 stick cin., 2 pieces garlic, 2 bay leafs, 1tbl sugar, 1 tomato past, 50gr white wine, 300gr water, peper, (feta optional)

Instructions:

We put ^{beans} in the water for 12-24hr, then put them in boiling water, we chop the veg. and add everything in the pot with the tomato paste. When everything is done boiling we put everything in a pan and take for 40mins. Top with Feta cheese ~~cheese~~



Recipe for the Planetary Health Diet

Name of this amazing dish: Layers of Happiness 
This recipe's from: Lourenço and Ana's heads 

Ingredients needed:

Lasagna pasta, salt, pepper, courgette, lentils, tomato sauce, garlic, oregano, olive oil, cheese and bechamel sauce, paprika, wine

Instructions:

Cook the courgette and lentils with salt, pepper, garlic and paprika in a pan with olive oil too.

Then we add the tomato sauce, let it cook with the pan closed, then add a little bit of wine and wait for a moment.

You can start composing the lasagna
↓

put a little bit of sauce that was previously cooked, so we don't burn the bottom. Then we put a layer of pasta, then bechamel sauce, courgette and lentils, cheese, then again the pasta and it's always the same.

When finished the layers we put in the oven until the pasta is cooked and the top starts being brown.

Be happy 



Recipe for the Planetary Health Diet

Name of this amazing dish:

This recipe's from: **BEYZA**

Ingredients needed:

Half kg of fresh okra, 2 pieces of tomato, 1 piece of onion, 3 green peppers, half a tablespoon of tomato paste, 2 tablespoons of oil, half a lemon, spices (black pepper, chili pepper), salt, 5 glasses of hot water

Instructions:

Chop the onion and fry it, when it turn pink, add the chopped pepper and fry the peppers. Add diced tomatoes and tomato paste 2-3 min. mix and add the washed and cleaned okra. When the okra is roasted for 1-2 minutes, squeeze the juice of half a lemon, and add hot water. Finally, add salt and spices and let it cook without mixing too much.



Recipe for the Planetary Health Diet

Name of this amazing dish:

This recipe's from: Roasted Zucchini

Ingredients needed:

2 zucchinis, 1 carrot, 1 onion, 1 teaspoon

For the above: 1 glass of yoghurt, 3-4 branches of dill, 1 clove of garlic, 1 teaspoon of salt

For the sauce: 3-4 walnuts, 4 tablespoons of olive oil, 1 teaspoon of ground red pepper

Instructions:

1. For roasting zucchini wash the zucchini and carrots well and cut off the ends. Then cut the zucchini into thin half-moon-shaped slices. Chop the onion julienne.

2. Add oil to a large pan and when it is hot, add the chopped onion. Fry until the onions turn pink. Add carrots and continue roasting.

3. When the carrots start to soften, add the zucchini slices and continue roasting until the zucchini soften and light brown. Add salt and fry, stirring occasionally.

4. Mix yoghurt, garlic and dill in a bowl. Place the cooked zucchini on a serving plate.

5. Pour yoghurt on top. Heat the oil in the pan. Add walnuts on it. Pour the sauce over the yoghurt.



Recipe for the Planetary Health Diet

Name of this amazing dish: Bolognese pasta with lentils
This recipe's from: 

Ingredients needed:

- Pasta
- Lentils (instead of meat)
- tomato pulp
- Onion
- Garlic
- Olive oil
- bell pepper
- Carrot
- Salt

Instructions:

- Cooking the pasta normally.
- In a pan we put olive oil, onion, garlic and carrot and we let it cook 5 minutes, then we put the lentils and tomato pulp and let it cook, when it's ready we mix with the pasta.



Recipe for the Planetary Health Diet

Name of this amazing dish: Chickpea Salad

This recipe's from: Rebecca

Ingredients needed:

1 can of chickpeas

Some salad /greens

veggies (cucumber, tomato, bell pepper, ...)

1 kind of fruit (orange, apple, ...)

Dressing: olive or sesame oil, vinegar, salt, pepper, smoked paprika

Some more ideas: Feta, Tofu, Chicken, Hummus, ...

Instructions:

- Cut and mix all your ingredients (check for leftovers in the fridge!)
- Make your dressing
- Combine all and enjoy!



Recipe for the Planetary Health Diet

Name of this amazing dish: Mushroom Dinner

This recipe's from: Ceren

Ingredients needed:

500 gram mushroom

1 tablespoon butter

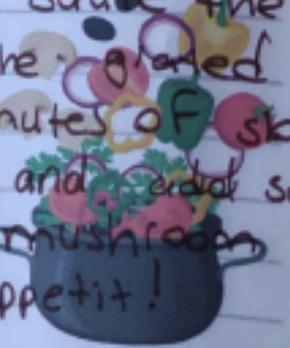
2 tablespoon olive oil

2 tooth garlic

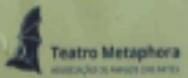
1 teaspoon salt , 1 teaspoon black pepper

Instructions:

for the mushroom dish, first, take a solid iron cast over the stove of a non-flammable non-stick pot. Next, bring the heat to low heat and add the olive oil into it. When the olive oil is browned and the pan is well warm, add the chopped mushrooms to the pot. Put on medium heat and throw a small amount of salt on the mushrooms, leave to cook for a while in this way. After throwing the salt, be careful not to mix the mixture. When one side of the mushrooms changes color slightly, mix the mixture and add the butter to it. Sauté the butter, stirring lightly. Finally, add the grated garlic. After an average of 10-15 minutes of slow cooking, remove the pan from the heat and add salt and pepper to it. Serve this delicious mushroom dish hot and enjoy the flavor. Bon appetit!



Celil
Süat



Eine Welt Netz/NRW

Recipe for the Planetary Health Diet

Name of this amazing dish: Shepherd salad/Cicbar Salatası

This recipe's from: Turkey

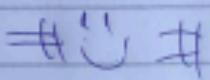
Ingredients needed:

+4 tomato	+5 tablespoon olive oil
+3 green pepper	+4 tablespoon lemon juice
+2 cucumber	+1/2 tea spoon salt
+1 onion	
+1/4 parsley	

Instructions:

Finely chopped onions are rubbed with salt to ensure that their vitality is gone. The onion is washed and made ready. After the cucumbers, papers, tomatoes, are chopped in normal thickness, all the ingredients are mixed. Salt, vinegar and olive oil are added to the mixture and prepared to serve by mixing it with a fork without crushing it.

Enjoy your meal



Genieße dein Essen

A fayet olsun

Xwariaha xwe xwes bikin

Kažiñ öpeen



Desfrute de sua refeição.

What else?

Links

Photos (please upload your favourites):

https://drive.google.com/drive/folders/1-4O_-BojE5zg-R4mmfHxQ5tOF3BF4XGd

Eine Welt Netz NRW's website:

www.eine-welt-netz-nrw.de

And our Instagram:

https://www.instagram.com/eineweltnetznrw_ev/

Our contacts:

Klaas: klaas.janowsky@eine-welt-netz-nrw.de

Svenja: svenja.bloom@eine-welt-netz-nrw.de

Last but not least:

Big THANK YOU to Line for putting this beautiful collection together!

