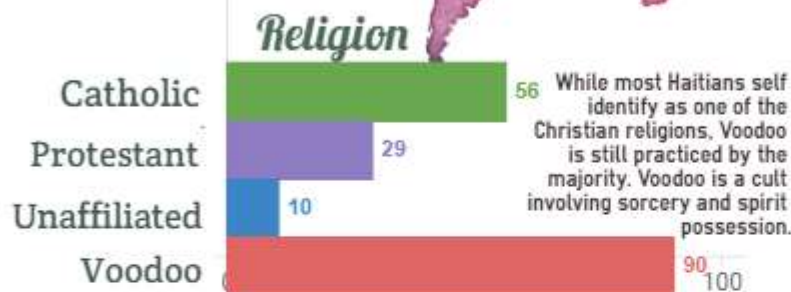


Planted Seeds

April: Haiti



Location:
West of the
Dominican Republic
Southeast of Cuba

Haiti means "Land of High Mountains", and is the most mountainous region in the Carribean.

Language

French
Creole



53%
Can read
and write



80%
Are in
extreme
poverty



11.2
Million
population

Motto:
Freedom, Equality,
Brotherhood

Fast Facts about Haiti:

- Haiti led the Western Hemisphere in being the first nation to abolish slavery
- Capital is Port-au-Prince
- Government is a republic but corruption is rampant
- Main export is clothing
- Haiti is still recovering from a massive earthquake in 2010



Week 1

Pray for the People *"First of all, then, I urge that entreaties and prayers, petitions and thanksgivings, be made on behalf of all men," 1 Timothy 2:2*

- Eyes opened to see truth- Voodoo exposed as spiritual bondage
- Daily needs supplied- Clean water and adequate nutrition and shelter
- Education for children- School is mandated for all children, but parents must pay for it and many cannot afford it

Week 2

Pray for the Nation *"For kings and all who are in authority, so that we may lead a tranquil and quiet life in all godliness and dignity." 1 Timothy 2:3*

- Corruption to be exposed in government
- Righteous leaders to rise up
- Gangs to be brought under control

Week 3

Pray for the Church *"This is good and acceptable in the sight of God our Savior, who desires all men to be saved and to come to the knowledge of the truth." 1 Timothy 2:3-4*

- Passionate and grounded preachers
- Discipleship of believers
- Outreach efforts to surrounding neighborhoods

Week 4

Pray for the missionaries *"praying at the same time for us as well, that God will open up to us a door for the word, so that we may speak forth the mystery of Christ." Colossians 2:3-4*

- Luke and Becca Perkins- Training Pastor's at STEP Seminary in Port-au-Prince- or a missionary from your home church.



Poverty Meal

Many Haitians will eat some form of this for breakfast lunch and dinner. It is an easy and inexpensive meal to prepare, rounded out nutritionally with a fresh fruit.

Cornmeal Porridge

Ingredients

- 6 cups water
- 1 teaspoon salt (optional)
- 2 cups cornmeal
- 2 Tablespoons butter, margarine, canola oil, or olive oil

Procedure

Bring water to boil in a large pot. Add the salt, if desired.

Gradually stir in cornmeal with a whisk. Turn heat down to medium.

Stir briskly to get the lumps out, then cook for another 10 to 20 minutes, stirring frequently (add water if it becomes too thick).

Remove from heat and stir in butter or oil.

Serve immediately or pour into a square pan.

Let cool and cut into squares.

Serves 4 to 6.

Serve with a tropical fruit indigenous to Haiti such as Pineapple, mango, or coconut

Or:

Haitian Beans and Rice

- 1 1/2 cups dried red beans
- 2 cups white long-grain rice, rinsed
- 1 tsp salt
- 1 tsp ground black pepper
- 1/2 bouillon cube, crushed
- 1/8 – 1/4 cup onions, roughly chopped
- 2 cloves garlic, crushed
- 5 whole cloves
- 2 tbsp + 1 tsp canola oil

1 tbsp butter

Procedure

Soak beans overnight and drain before cooking.

Add the beans and salt to a pot and pour enough water so that they are completely covered, plus a couple more inches of water. Boil for 45-60 minutes, until the beans are soft. Add more water if the level gets below the beans. Strain, reserving the water.

Heat 2 tablespoons of the oil in a large frying pan over medium-high heat. Add the onions, garlic, and chicken bouillon cube and sauté for 4 minutes.

Add in 3/4 cups of the cooked beans and continue to sauté for 3-4 minutes.

Once the beans begin to brown, add in the remaining beans, black pepper, cloves, and the reserved water the beans were boiled in. Cover pan and bring to a boil. Taste and add more salt if needed.

Add the rice. Boil until the water has reduced to the level of the rice.

Stir in 1 teaspoon of oil and the butter. Cover the pot and reduce the heat to medium-low.

Simmer for 15 minutes.

Reduce the heat to low and allow to gently simmer for 10-15 more minutes, until everything is tender.

Holiday meal

Meat is a luxury for most of the Haitian population, this is a meal that might be served for Christmas, or another yearly celebration.

Fired pork (Griot)

1.5 lb of pork

1 hot pepper

1 tsp of parsley

1 tsp of garlic powder

1 tsp of thyme

1/2 tsp of rosemary

1 tsp of seasoning salt

1 lime

1 orange

Procedure

1. Cut the meat into medium pieces.

2. Season well with Adobo seasoning salt, rosemary, thyme, parsley, garlic powder, pepper and let marinate in citrus juices for 4 hours or overnight.

4. In a saucepan, cover meat with water and boil over medium-high heat until water evaporates.

5. Stirring occasionally, continue to cook until meat is tender.

6. Remove the meat and set aside.

7. In a skillet, heat oil and fry each side to brown evenly.

Serve with Haitian Beans and Rice, which is considered a national dish.

Banana Pez (Fried Plantain)

1 green Plantain

1 cup oil for frying
1 tsp salt

Procedure

1. Peel plantain, cut into 1-inch diagonal pieces.
 2. Add oil to small pan on medium to high heat and fry plantains. Remove from oil, drain on paper towel and flatten using a plantain press.
 3. In a small bowl add about 1 cup water along with salt and dip pressed plantains into water, shake off excess and re-fry.
- Salt and enjoy, these taste a lot like french fries!

Simple Orange Cake (Haitian Gateau a L'orange)

Total Time 55 minutes

Ingredients

3 eggs
1 cup sugar
1 3/4 cup sifted flour
2 teaspoons baking powder
1 tablespoon grated orange peel
3/4 cup orange juice
1 teaspoon vanilla extract
1 tablespoon rum or 1 tsp rum flavor

Procedure:

1. Preheat oven to 350 degrees Fahrenheit. In a mixer bowl, whip the butter and sugar to a cream.
2. Add the eggs one at a time and mixing well after each addition. Add the orange zest, then the sifted flour with the baking powder alternating with the orange juice. Add the vanilla extract and the rum. Mix well and on high speed for about 1 minute.
3. Pour the cake batter into a buttered and floured 10 inch pan or 10 inch tin tube. Bake in the oven for 40 minutes or when a cake tester or a toothpick inserted comes out clean.
4. Remove the cake from the oven, and let cool covered with a kitchen towel. Remove from pan, dust with powdered sugar and serve.

