



Estimadas Familias,

21 Sep 22

Hola! My name is Wendy Hillary and I am your son/daughter's Culture teacher. I am starting my 20th year at Ada Vista and I absolutely love teaching about other cultures. I have traveled many places outside the US. I lived in Germany for four years and traveled throughout Europe. I have four children of my own; I have a senior, sophomore and freshman at Northern High and a 5th grader at NT. All of my children have gone through Ada Vista.

I will have your child from kindergarten through fourth grade. This year we will be studying Kenya, Canada, Brazil and Mexico. We will explore the countries with maps, the globe, flags, weather, landscapes, animals, resources, and the people (how they dress, what they eat, and their daily habits.) We will be making connections between Michigan or the United States, and other countries. Your child should be able to locate the countries that we study on a map and name some facts about each country.

There will be opportunities for the students to sample food from each country. We will prepare and consume these foods in class. I realize that there are many allergies, so if your child cannot eat what we prepare, I will do my best to accommodate them. My rule is that the students need to at least try two bites of each food from the four countries that we study. If they do not like it, they may then throw it away.

I will send out the recipe about a week before we cook. On these days, any parent/guardian or grandparent may join us to help cook. Here is the schedule of classes, each class meets from 1:15-2:15: Sra. Salter's class meets on Mondays, Sra Bunda's class meets on Tuesdays, Srta. Tobar's class meets on Wednesday and Sra. Goebel's class meets on Thursdays. So far we have been studying about Kenya. Your child has learned about the location of Kenya, the animals, and the people. **Next week, Sep 26th -29th**, we will have our first cooking experience. We will be making Ugali and Sukuma Wiki. The recipe is on the second page.

I have a website, which includes the current newsletter, recipes, calendar, fun links, and documents. To get to my website, go to [www.avcultura.weebly.com](http://www.avcultura.weebly.com) If you have any questions about the curriculum, please email me at: [whillary@fhps.net](mailto:whillary@fhps.net). If you have traveled or lived in any of the countries that we study and would like to share your experiences, please email me. Gracias. I look forward to a year rich in culture!

Sinceramente,

Sra. Hillary

## Ugali

(Cornmeal Porridge)

Ingredients:

1 cup cold water

1 cup yellow cornmeal (the Mexican flour 'Mozerapa' is a close substitute to the Kenyan flour)

1 teaspoon salt (optional)

3 cups boiling water

Serves 4 to 6

Put cold water in a medium-size saucepan, add cornmeal and salt, mixing continually. Bring to a boil over high heat, gradually stirring and slowly add 3 cups of boiling water to prevent lumps. Reduce to simmer, cover and cook for about 8 minutes, mixing frequently to prevent sticking. The ugali will be done when it pulls from the sides of the pan easily and does not stick. It should look like stiff grits. You can serve ugali with everything from meat stew to sugar and cream. Your choice!

## Sukuma Wiki

1 kale bunch or collard greens

1-2 cups chopped or ground beef/chicken (I will not include this)

3 medium tomatoes diced

1-2 teaspoons minced garlic

1 large white onion

2 or more tablespoons olive oil

1 tablespoon smoked paprika

1/2 teaspoon coriander

1/2 teaspoon curry or turmeric spice

1/2 teaspoon cayenne pepper or more (I will be using a pinch)

1/2 juiced lemon about 1 tablespoon

1 tablespoon bouillon powder or cube

## Instructions

In a medium-large skillet, add oil, onions, and garlic, and sauté, for about 2-3 minutes, stirring constantly to prevent any burns. Then add tomatoes, curry, coriander and paprika, and continue stirring with a heavy wooden spoon for about 2 minutes. Add minced meat, bouillon powder; stir until ingredients have been thoroughly combined. Simmer for about 5 minutes or more. Throw in chopped collards, cayenne pepper, lemon juice, Continue cooking for another 5-10 minutes until greens are cooked. Add seasonings –salt and pepper and turn off the heat. Remove from heat and let it cool. Serve with Ugali.