

POWER OF FOOD FESTIVAL

PHOTO HIGHLIGHTS



CHAI CHANNA TIME SWADHINATA TRUST





POWER OF FOOD - PORTRAITS
KATRINA, R URBAN



RIGHT TO GROW WALKING TOUR



CHAI CHANNA TIME
SWADHINATA TRUST

RIGHT TO GROW WALKING TOUR



POWER OF FOOD - PORTRAITS
ALEYA, TEVIOT PEOPLE'S KITCHEN

JOBS THIS WEEK
Thursdays 11am-1pm
- Prep onions
- Composting
- Seed sowing
- Tidying

1pm LUNCH
What makes us different
* no gardening



**RECIPES FOR LIFE - MIGRATION & BROTHERHOOD
PRAXIS, TH COMMUNITY PSYCHOLOGY TEAM**



POWER OF FOOD - PORTRAITS
RITA, SEEDS FOR GROWTH



CHAI CHANNA TIME SWADHINATA TRUST



FERMENTING FUTURES GREEN LIONS





CHAI CHANNA TIME
SWADHINATA TRUST

FOOD LIVES
WEN



FOOD HISTORIES OF TOWER HAMLETS

Wen.

FOOD LIVES
£1

FoodShare by WEN

WOMBAT'S CITY HOSTEL

WHITECHAPEL

SHADWELL

CANON STREET ROAD

SWEDENBORG GARDENS

CROWDER STREET

Street



FERMENTING FUTURES
GREEN LIONS

TEVIOT FOOD COOP



STONE SOUP
R URBAN



STONE SOUP
R URBAN



AROMAS FROM A DISTANT LAND
LIMBOROUGH



HARVEST CELEBRATION STEPNEY CITY FARM





FERMENTING FUTURES
GREEN LIONS

Fermenting
Futures
with Green Lions

Fermenting
Futures
with Green Lions

RECIPES FOR LIFE - MIGRATION & MOTHERHOOD
WIT, TH COMMUNITY PSYCHOLOGY TEAM,
BANGLADESHI MENTAL HEALTH WOMEN'S GROUP

Jorina's Orange Sweet Rice (Zarda)

On migration

This recipe is a cherished family tradition, brought passed down from my grandmother. Known in our home as Zarda, this sweet rice dish holds a special place in our hearts not only for its delightful family flavor, but also for the love and meaning it carries. Prepared with fragrant rice, often saffron, and the vibrant taste and juice of fresh sweet oranges, Zarda captures the essence of the seasons and the warmth of Bangladeshi family traditions.

In Bangladesh, saffron is a mark of abundance, especially when it comes to oranges. Their arrival marks the beginning of crop celebrations, rich meals, and sweet treats shared with loved ones. My grandmother would make this orange-infused Zarda during these festive months, carefully selecting the juiciest local oranges. The result was a golden, creamy rice dish that brightened our tables and filled our hearts with its irresistible aroma.

As in our family, Zarda wasn't just a seasonal dessert, it was something more. My grandmother would often prepare it before important life events: school exams, job interviews, or even travel days. She believed it brought good luck and positive energy. In her time, rice was not only sustenance but also a quiet blessing passed on through food. To this day, whenever I make it, I feel the presence and the comfort of her thoughtful gestures.

Traditionally served on special occasions, weddings, and festive holidays, orange Zarda is a celebration in itself. The combination of saffron, rice, and the refreshing sweetness of oranges makes it a dish that's both nostalgic and comforting.

I share this cherished family recipe, hoping it brings a taste of home and the comforting sweetness of oranges to yours for generations.

Ingredients

- 1 1/2 cup basmati rice (or pulao rice)
- 1/2 teaspoon saffron
- 1/2 cup ghee
- 3/4 or 1 cup sugar
- 2 saffron (Peel the orange and squish it for the orange juice then cut the orange peels into small pieces)
- 1/2 cup dry fruits and nuts (of your choice)
- 3-4 cardamom
- 1/2 cup orange water



MOHLIA ONGON DISPLAY
POWER OF FOOD OPENING EVENT





**PRACTICING COMMUNITY-LED FOOD JUSTICE
PLATFORM & BLUEPRINT ARCHITECTS**

FERMENTING FUTURES
GREEN LIONS





FERMENTING FUTURES GREEN LIONS



VAL CLUB GARDENING GR



RIGHT TO GROW WALKING TOUR

AROMAS FROM A DISTANT LAND
LIMBOROUGH



RIGHT TO GROW WALKING TOUR



RIGHT TO GROW WALKING TOUR





**CATERING FROM OITIJ-JO KITCHEN, HOOYO EAST
POWER OF FOOD OPENING EVENT**

RIGHT TO GROW WALKING TOUR



HARVEST CELEBRATION STEPNEY CITY FARM



AROMAS FROM A DISTANT LAND
LIMBOROUGH





FOOD LIVES
WOMENS ENVIRONMENTAL NETWORK



FORAGING WALK
LONDON WILD FRUITS
(photos Alex Banks)





AROMAS FROM A DISTANT LAND
LIMBOROUGH



FOOD LIVES
WOMENS ENVIRONMENTAL NETWORK

RIGHT TO GROW WALKING TOUR



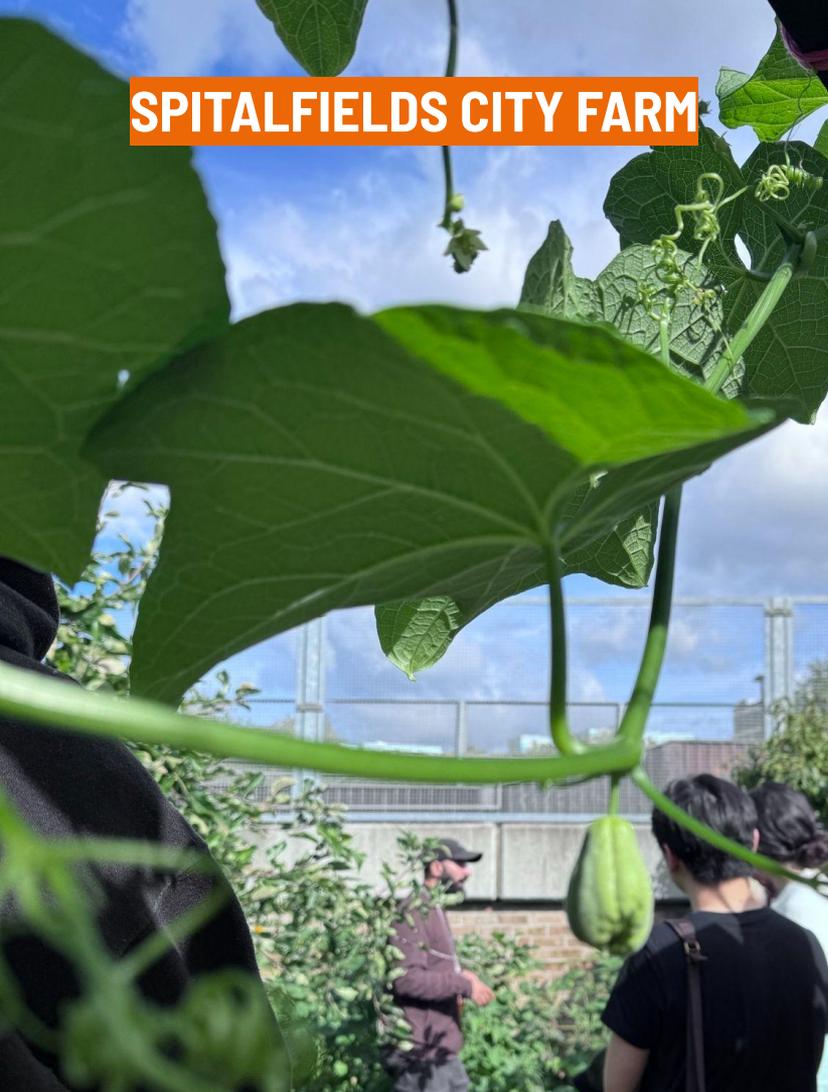
POWER OF FOOD - PORTRAITS
SAJIA, STEPNEY CITY FARM





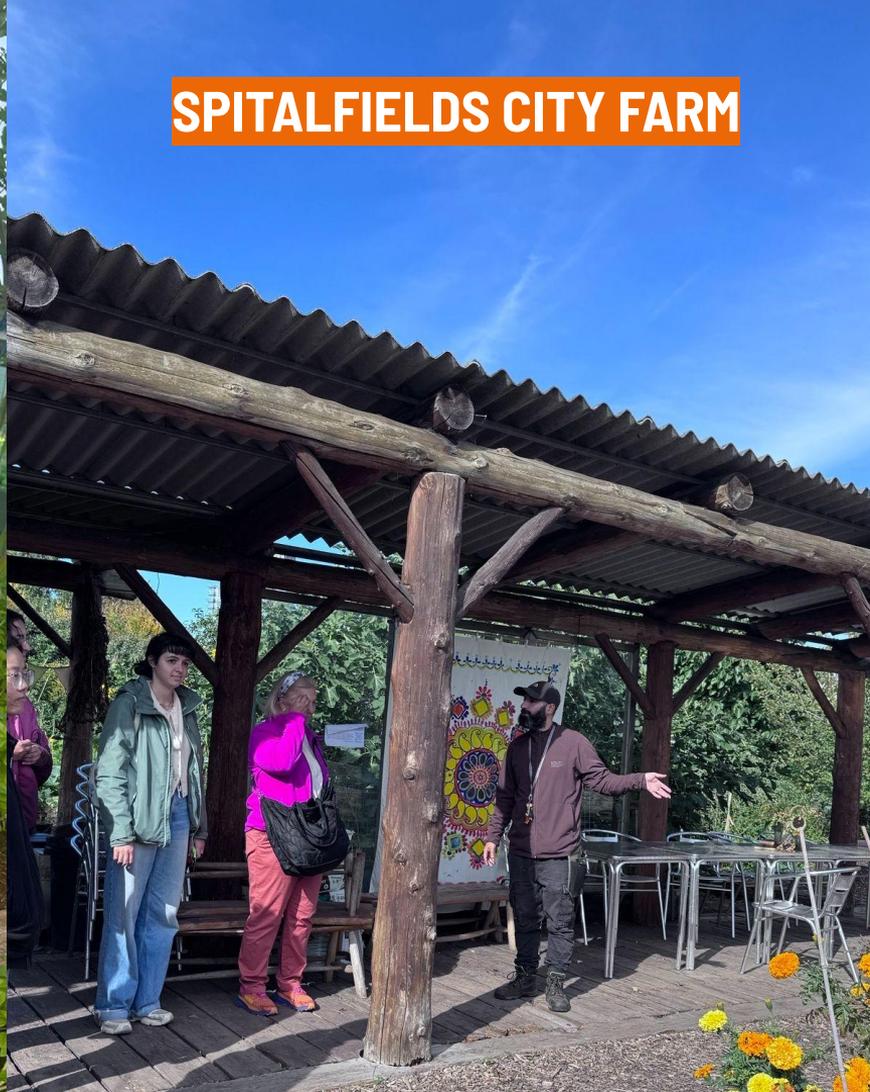
STOP MOTION FILM
R URBAN

SPITALFIELDS CITY FARM





SPITALFIELDS CITY FARM



HARVEST CELEBRATION STEPNEY CITY FARM



HAVE
A LOOK
INSIDE

No ball
games

No cycling,
roller skating,
skateboarding or
scooter riding

Stepney City Farm
CONTACTLESS DONATIONS
TAP TO DONATE

£1.50

SUPPER CLUB
EAT CLUB



Humans are created to drink milk only lactated from their mothers. Do u agree or not?
(The question is the courtesy of MR ^{vegan})

Humans are mammals, therefore devouring mammalian flesh is tantamount to cannibalism. Do u agree or not?
(The question is the courtesy of TZ, lifelong omnivore, ovo-vegetarian)

SHARING
FOOD
is a love
Language, Discuss

RECIPES OF LIFE - STORIES OF MIGRATION & BROTHERHOOD
THURSDAY 11th SEPTEMBER, 10-2PM
FRANKS, Post St, Bethnal Green, E2 0ET

Food tasters!

You are invited to the stories of these dishes:
• Baked Fruits - Baked Egg - Qat Funnels
& Tada Sir by with Cosmos Ltd.
at 100% & 100%

STORIES OF MIGRATION & BROTHERHOOD

RECIPES OF LIFE - STORIES OF MIGRATION & BROTHERHOOD
THURSDAY 11th SEPTEMBER, 10-2PM
FRANKS, Post St, Bethnal Green, E2 0ET

Food tasters!

TOWNS HALL, 250 FOLK ROAD, BETHNAL GREEN, E2 0ET

Recipes of Life book FOR SALE!
\$18 suggested donation -

RECIPES FOR LIFE AT THE
POWER OF FOOD OPENING EVENT



PLASTIC-FREE PICNIC
SUNNY JAR ECO HUB



SWEDENBORG ORCHARD





FOOD LIVES

WOMENS ENVIRONMENTAL NETWORK

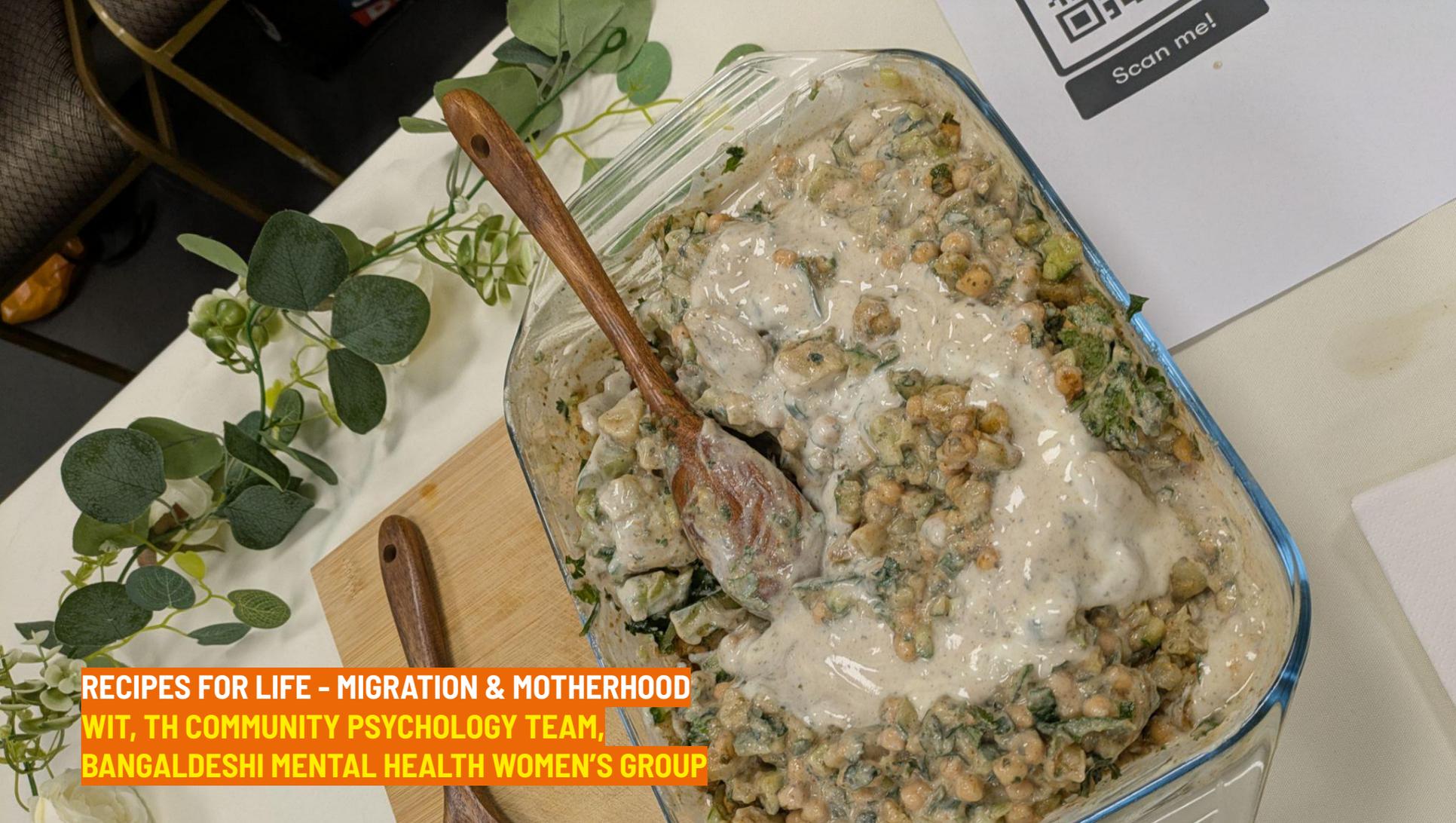
HARVEST CELEBRATION STEPNEY CITY FARM





FOOD LIVES
WOMENS ENVIRONMENTAL NETWORK





RECIPES FOR LIFE - MIGRATION & MOTHERHOOD
WIT, TH COMMUNITY PSYCHOLOGY TEAM,
BANGALDESHI MENTAL HEALTH WOMEN'S GROUP



BOODLE KARAOKE
United Domestic Workers
Association



SWEDENBORG ORCHARD



STOP MOTION FILM
R-URBAN

Stories
From The
Garden

TEVIOT

R-URBAN





FOOD LIVES
WOMENS ENVIRONMENTAL NETWORK



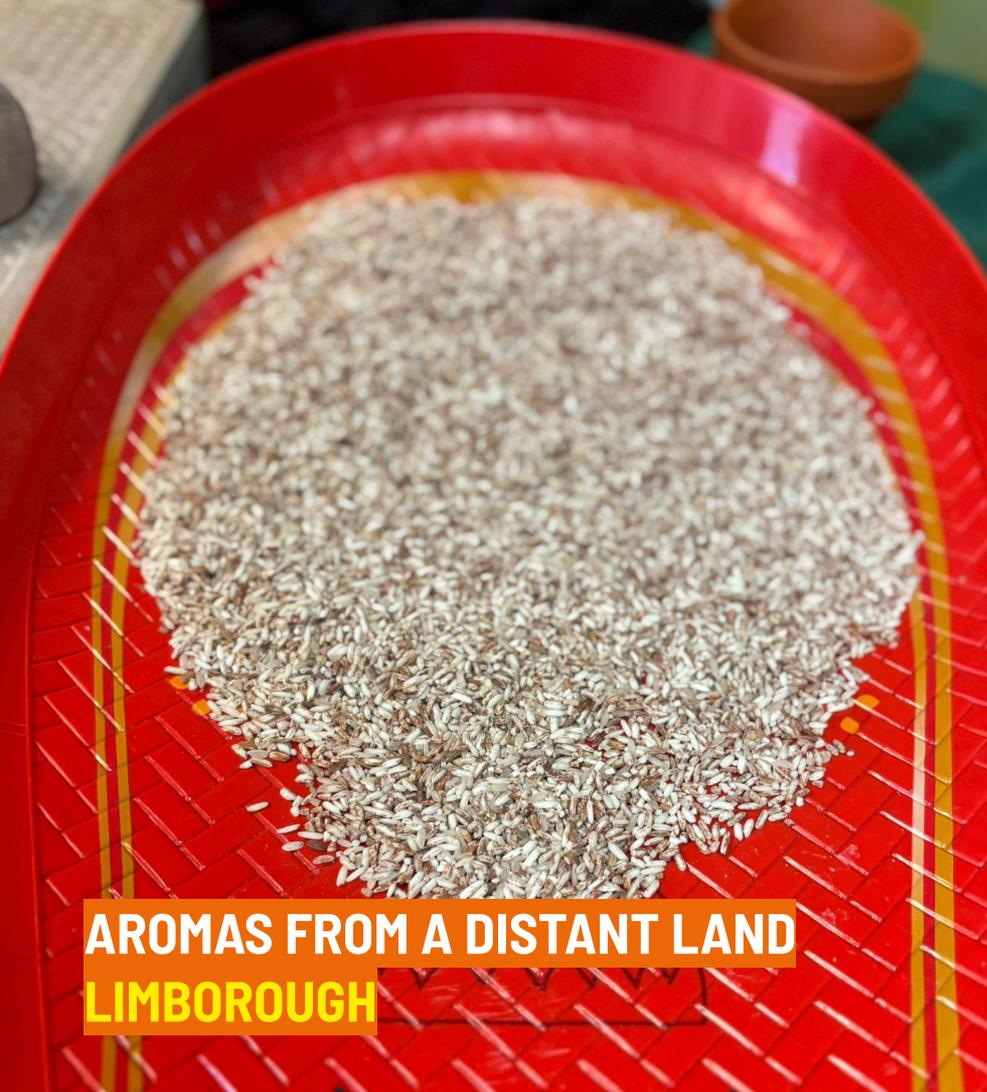
HARVEST CELEBRATION
STEPNEY CITY FARM

A photograph of three people standing in a garden. On the left, a man in a plaid shirt and glasses. In the center, a man in a blue t-shirt with a 'PHOENIX BEER & ICE' logo, holding a blue shovel. On the right, a woman in a white t-shirt and a white cap. They are standing in front of a wooden raised garden bed. The background is filled with lush green trees and foliage. A yellow mailbox is visible on a tree trunk behind them.

POWER OF FOOD PORTRAITS
SWENDENBORG ORCHARD



AROMAS FROM A DISTANT LAND
LIMBOROUGH



AROMAS FROM A DISTANT LAND
LIMBOROUGH





FOOD LIVES
WOMENS ENVIRONMENTAL NETWORK



FOOD LIVES
WOMENS ENVIRONMENTAL NETWORK

PLASTIC FREE PICNIC
SUNNY JAR ECO HUB



SUPPER CLUB
EAT CLUB





FORAGING WALK
LONDON WILD FRUITS
(photos Alex Banks)

BOODLE KARAOKE
United Domestic Workers
Association



SWEDENBORG ORCHARD





STOP MOTION FILM
R URBAN

