



Summer Scholars

RISE SUMMER SCHOLARS PROGRAM WEEK 3



Join us in Scientific
Exploration, Character
Building, Virtual
Engagement, & more!

TALITHA ANYABWELÉ



Themes for Cultivating the Genius

DAILY THEMES

with Muslimah

MINDFULNESS MONDAY

- Morning Routine
- Guided Meditations
- RISE Virtual Rituals
- Affirmations

TEAMWORK TUESDAY

- Virtual Engagements
- Collaborative Activities & Games
- Announcements of Challenges and Upcoming Events

WONDER-FULL WEDNESDAY

- MiMi & Mir, The Glad Scientists
- Exploring the Wonders of the World
- Exploring the Wonders of Imani Geniuses

THOUGHTFUL THURSDAY

- Highlights of Acts of Compassion
- Highlights of Innovative and Creative Imani Genius ideas

FREEDOM FRIDAY

- Reading with MiMi
- Free Resources
- Focus on Imani Genius Autonomy
- Celebrate RISE Superstars!

DISTANCE EDUCATION

Tips for teaching from home

PREPARE IN ADVANCE

If you expect to teach remotely in the near future, look at the curriculum in advance and prepare lessons for the weeks ahead.

Opt for content that's easily accessible online, in a variety of mediums.



SCHEDULE STUDENT CHECK-IN TIMES

Set time when you and your students can touch base and have them prepare questions they had during the exercises.

Make use of video conference tools that allow for multiple people to dial in.



SET UP A WORK ZONE

Set up a comfortable, well-lit area and designate it for work.

Avoid working from the couch or bed - when it is time to relax your brain might find it hard to shut off work thoughts.



CREATE AN ONLINE QUIZ

Check in on your students' learning progress through online methods.

Use a tool like Google Forms to make an online quiz any student can fill out with their device.



OVER-COMMUNICATE

Set out your expectations clearly in all relevant communication channels.

Make sure students know exactly where to receive their assignments, submit their work, or ask questions.



BE FLEXIBLE

Be empathetic of the home situation of students as some may not have available adult supervision or reliable internet.

If students need special support, be open to their unique needs.



RISE Summer Scholars Program

8 WEEK OVERVIEW

All Grades

THEMES

Week 1: My Family
Week 2: My Community
Week 3: Freedom (Juneteenth)
Week 4: Entrepreneurship (The Talk)
Week 5: Independence Today
Week 6: The Artist in Me
Week 7: All That I Am
Week 8: Where Are We In The Universe?

PRINCIPLES OF THE WEEK

Week 1: Umoja- Unity
Week 2: Kujichagulia - Self-Determination
Week 3: Ujima-Collective Work & Resp.
Week 4: Ujamaa-Cooperative Economics
Week 5: Nia- Purpose
Week 6: Kuumba-Creativity
Week 7: Imani-Faith
Week 8: Harambee-All Pull Together

MONTHLY CHALLENGE FOCUS

JUNE - READING WITH MIMI CHALLENGE

JULY - ARCHITECTURE CHALLENGE WITH RECYCLABLE ART

SANKOFA CARDS

Week 1: Familial Hero
Week 2: Mother Clara Hale
Week 3: Harriet Tubman
Week 4: Annie Malone
Week 5: Jack Johnson
Week 6: Mbogeni Buthelezi
Week 7: Norbert Rillieux
Week 8: Katherine Johnson

READING WITH MIMI BOOKS FOR PREK-2ND GRADES

Week 1: So Much by Trish Cooke
Week 2: Counting on Community
Week 3: Dad, Who Will I Be?
Week 4: Look What Brown Can Do!
Week 5: Black Jack: Ballad of Jack Johnson
Week 6: Hey Wall by Susan Verde
Week 7: Black Girls, Brown Girls, What Can You Be?
Week 8: Hidden Figures or The Undefeated

READING WITH MIMI BOOKS FOR 3RD-5TH GRADES

Week 1: Kinda Like Brothers
Week 2: Before She Was Harriet
Week 3: All Different Now or The Story of Juneteenth: An Interactive Adventure
Week 4: "A Friend to All Mankind:" Mrs. Annie Turnbo Malone or A Vision of Beauty
Week 5: Blacksmith's Song
Week 6: The Thing About Bees: A Love Story
Week 7: The Undefeated or One Crazy Summer
Week 8: Katherine Johnson (You Should Meet)

What is JUNETEENTH?

A CELEBRATION OF EMANCIPATION



RISE Summer Program
WEEKLY CHECKLIST
Week 3
All Grades

THEME
AFFIRMATION

Theme: Freedom
Affirmation or Proverb: "If your mouth is in someone else's kitchen, it cannot get its independence."
- African Proverb

PRINCIPLE OF THE WEEK



Ujima- Collective Work & Responsibility

To build and maintain our community together; to make our brother's and sister's problems our own.

MONTHLY CHALLENGE FOCUS

JUNE - JOIN THE READING WITH MIMI CHALLENGE. READ AS MANY BOOKS AS YOU CAN AND KEEP RECORD OF EACH ONE. SUBMIT YOUR BOOK REVIEW AND FINAL BOOK LIST BY THE 30TH OF EACH MONTH FOR A CHANCE TO WIN \$100.

ART PROJECT

Juneteenth Tea Cakes

Option A: Join us making Juneteenth Tea Cakes and/or

Option B: Create your symbol of Freedom using the Juneteenth flag as inspiration.

READING WITH MIMI
BOOK OF THE WEEK

Visit the [Reading With MiMi Amazon Book List](#) or the [Baby BBoys & BGirls Read Too List](#) to purchase:
"All Different Now" by Angela Johnson
"Dad, Who Will I Be?" by G. Todd Taylor
"The Story of Juneteenth" by Steven Otfinoski

SCIENCE EXPERIMENT OR FIELD TRIP

Wear your [Imani Genius Juneteenth tee](#) and join us from afar for a soulful Juneteenth Tea Party to celebrate Juneteenth on Thursday, June 18, 2020. Share pictures of the soul food you prepared with your family to celebrate. Tag pictures #RISEJuneteenth.

RISE Summer Program
WEEKLY OVERVIEW
Week 3
Pre-K-Kindergarten

MINDFULNESS MONDAY
WRITING OR DISCUSSION PROMPTS

Watch [Bebe's Kids-Freedom](#)
What is Freedom to you?
What are some ways you enjoy
your freedoms now?
What stops you from feeling free?
How can we help our community
have freedom?

WONDER-FULL WEDNESDAY
SCIENTIFIC EXPLORATION

Key Vocabulary
freedom
ancestor
Juneteenth
Soul Food
(Use the enclosed recipe to prepare
Tea Cakes for tomorrow's Juneteenth
Tea Party.)

TEAMWORK TUESDAY
PHYSICAL EDUCATION

Join Us in at least one of the activities:
[African Dance Instructional Workout](#)
<https://youtu.be/kl8KuW0K25I>

Discovery Walk- Introduce the
Underground Railroad and how Harriet
Tubman endured the trek dozens of
times.

THOUGHTFUL THURSDAY
FREEDOM CONCEPTS

Share [Harriet Tubman presentation](#).
Who was Harriet Tubman? How did
she contribute to our freedom? Who
was she before she became our
heroine? What was her role in our
emancipation? Watch [The Harriet
Tubman Animated Story on YouTube](#).

TEAMWORK TUESDAY
ART PROJECT

My Symbol of Freedom
Watch [Reading With MiMi: Before
She Was Harriet](#). Create your artistic
symbol of freedom using the
Juneteenth flag for inspiration.

FREEDOM FRIDAY
VOCAB/SPELLING WORDS

1. free
2. me
3. seed
4. be
5. see

Bonus: meet

Watch [Reading With MiMi: Lil' Dan,
The Drummer Boy](#)

RISE Summer Program
WEEKLY OVERVIEW
Week 3
1st-2nd Grades

MINDFULNESS MONDAY
WRITING OR DISCUSSION PROMPT

Watch [Oh Freedom by Chester Children's Choir.](#)

What is Freedom to you?

What are some ways you enjoy your freedoms now?

What stops you from feeling free?

WONDER-FULL WEDNESDAY
SCIENTIFIC EXPLORATION

Key Vocabulary

freedom

ancestor

Juneteenth

Soul Food

(Use one of the enclosed recipes to prepare soul food.)

TEAMWORK TUESDAY
PHYSICAL EDUCATION

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Discovery Walk- Introduce the Underground Railroad and how Harriet Tubman endured the trek dozens of times.

THOUGHTFUL THURSDAY
FREEDOM CONCEPTS

Share [Harriet Tubman](#) or Juneteenth presentation. Who was Harriet Tubman? How did she contribute to our freedom? Who was she before she became our heroine? What was her role in our emancipation? Watch

[The Harriet Tubman Story on YouTube.](#)

TEAMWORK TUESDAY
ART PROJECT

My Symbol of Freedom

Watch [Reading With MiMi: Before She Was Harriet.](#) Create your artistic symbol of freedom using the Juneteenth flag for inspiration.

VOCAB/SPELLING WORDS
FREEDOM FRIDAY

1. read
2. eat
3. sea
4. tea
5. meat

Bonus: treat

Watch [Reading With MiMi: LiL' Dan, The Drummer Boy](#)

RISE Summer Program
WEEKLY OVERVIEW
Week 3
3rd-4th Grades

MINDFULNESS MONDAY
WRITING OR DISCUSSION PROMPT

Watch [Oh Freedom by Chester Children's Choir.](#)

What is Freedom to you?

What are some ways you enjoy your freedoms now?

What stops you from feeling free?

WONDER-FULL WEDNESDAY
SCIENTIFIC EXPLORATION

Key Vocabulary

freedom

ancestor

Juneteenth

Soul Food

(Use one of the enclosed recipes to prepare soul food.)

TEAMWORK TUESDAY
PHYSICAL EDUCATION

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Discovery Walk- Introduce the Underground Railroad and how Harriet Tubman endured the trek dozens of times.

THOUGHTFUL THURSDAY
FREEDOM CONCEPTS

Share [Harriet Tubman](#) or Juneteenth presentation. Who was Harriet

Tubman? How did she contribute to our freedom? Who was she before she became our heroine? What was her role in our emancipation? Watch

[The Harriet Tubman Story on YouTube.](#)

TEAMWORK TUESDAY
ART PROJECT

My Symbol of Freedom

Watch [Reading With MiMi: Before She Was Harriet.](#) Create your artistic symbol of freedom using the Juneteenth flag for inspiration.

VOCAB/SPELLING WORDS
FREEDOM FRIDAY

1. Civil War
2. territory
3. enslavement
4. celebration
5. freedom

Bonus: emancipation

Watch [Reading With MiMi: LiL' Dan, The Drummer Boy](#)

RISE Summer Program
WEEKLY OVERVIEW
Week 3
4th-5th Grades

MINDFULNESS MONDAY
WRITING OR DISCUSSION PROMPT

What is freedom to you?
Do you feel we are free as a
community (African people)?
What limits our freedom?
Watch [Nina Simone's explanation
of freedom on YouTube.](#)

WONDER-FULL WEDNESDAY
SCIENTIFIC EXPLORATION

Key Vocabulary
freedom
ancestor
Juneteenth
Soul Food
(Use one of the enclosed recipes
to prepare soul food.)

TEAMWORK TUESDAY
PHYSICAL EDUCATION

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Discovery Walk- Introduce the
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Tubman endured the trek dozens of
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THOUGHTFUL THURSDAY
FREEDOM CONCEPTS

Share [Harriet Tubman](#) or Juneteenth
presentation. Who was Harriet
Tubman? How did she contribute to
our freedom? Who was she before
she became our heroine? What was
her role in our emancipation? Watch
[The Harriet Tubman Story on
YouTube.](#)

TEAMWORK TUESDAY
ART PROJECT

My Symbol of Freedom
Watch [Reading With MiMi: Before
She Was Harriet.](#) Create your artistic
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Juneteenth flag for inspiration.

VOCAB/SPELLING WORDS
FREEDOM FRIDAY

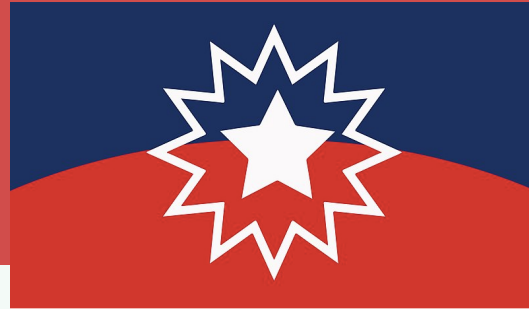
1. emancipation
2. proclamation
3. Civil War
4. Confederate
5. abolitionist

Bonus: secession

Watch [Reading With MiMi: LiL' Dan,](#)
[The Drummer Boy](#)

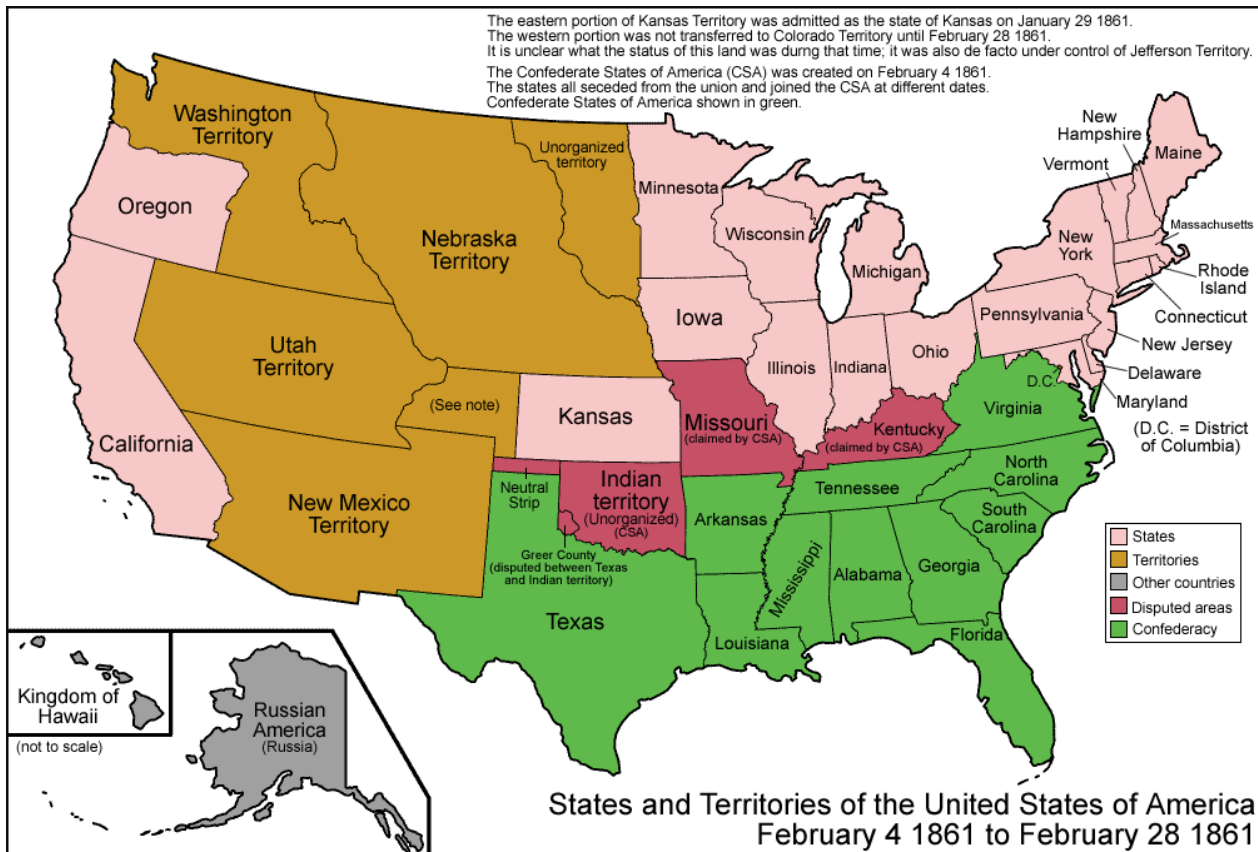
FACTS ABOUT JUNETEENTH

A CELEBRATION OF EMANCIPATION



- The Emancipation Proclamation was signed on September 22, 1862 and became law on January 1, 1863, declaring the end to chattel slavery.
- The Civil War was fought to preserve the Union (North) and secede the Union and keep slavery (South) in the Confederate States of America.
- The Civil War began in 1861 soon after the inauguration of President Abraham Lincoln and ended May 26, 1865 with the surrender of Robert E. Lee to Ulysses S. Grant.
- The 13th Amendment, abolishing slavery, was passed by Congress on January 31, 1865, but wasn't ratified until 8 months after the Civil War.
- Former enslaved ancestors who either escaped or were freed joined the Union Army as volunteers and fought for our freedom.
- Many of those African soldiers helped to spread the news of the Emancipation Proclamation throughout the South, including Texas, but it wasn't until General Gordon Granger arrived in Galveston, Texas on June 19, 1865 with 2,000 Union soldiers that many of the enslaved in Texas were informed of their freedom.
- "Juneteenth" was originally coined because it was uncertain which date in June was most pivotal in the news spreading through Texas, one of the last states to keep our ancestors enslaved. It is a combination of June and the 19th.
- Though Juneteenth is the celebration of our emancipation, it wasn't until December 6, 1865 that the 13th Amendment officially ended slavery in America.
- 45 out of 50 states recognize Juneteenth as a holiday.
- The color most associated with Juneteenth is red in honor of the blood of our ancestors. Celebratory traditions include soul food, tea cakes, and hibiscus tea.
- The Juneteenth Flag represents "a star of Texas bursting with new freedom throughout the land, over a new horizon.... The Juneteenth Flag is created with American red, white, and blue colors" to symbolize that after building this country, Africans here are also American.

The State of the Union in 1861



An Artistic Expression of Freedom



Juneteenth Tea Cakes

AN AFRICAN AMERICAN TRADITION



SOUTHERN TEA CAKES

The best (and easiest) Southern Tea Cakes Recipe (or tea cake cookies recipe) is here! You will feel like you are right in the South after making and serving these, not to mention eating them.

By Jocelyn Delk Adams

Ingredients

- 1 stick unsalted butter room temperature
- 3/4 cup granulated sugar
- 1 large egg at room temperature
- 2 teaspoons pure vanilla extract
- 1 1/2 cup all-purpose flour
- 1/4 teaspoon salt
- 1/4 teaspoon baking soda

Instructions

1. In a medium sized bowl, whisk together the flour, salt and baking soda and set aside.
2. In the bowl of your mixer, add butter and sugar and mix together on high speed until fluffy and smooth (about 4-5 minutes).
3. Turn mixer to medium speed and add in one egg and vanilla extract and beat until well incorporated.
4. Lastly, turn mixer to slow speed and add in flour mixture in intervals of three beating after each addition to incorporate.
5. After dough is well mixed, turn off mixer and remove dough from mixer and add to a ziploc bag and place in your refrigerator for at least one hour to firm up dough.
6. Once dough is firm, remove from fridge and preheat your oven to 325 degrees.
7. Line your cookie sheet with parchment paper.
8. Taking a measuring tablespoon, scoop out cookie dough the size of the tablespoon and roll into a ball. Using your thumb, gently press the center to flatten a bit and place on the tray.
9. Do the same for the rest of the dough leaving at least an 1 1/2 inches between each dough ball.
10. Bake for 9-11 minutes until golden brown on the edges and remove from the oven.
11. Cool for 5-10 minutes and serve.

SHOW WHAT WE KNOW

OBJECTIVES

Imani Geniuses will strive to research and share information learned about Harriet Tubman or Juneteenth and their connection to our collective freedom.

EVALUATIONS

Imani Geniuses will share the knowledge they learned about Harriet Tubman and/or Juneteenth in a recorded video presentation.

IMPORTANT QUESTIONS TO PONDER

How did Harriet Tubman practice Umoja, Kujichagulia, and Ujima?

What role did Harriet Tubman play in the Civil War and our Emancipation?

What is Harriet Tubman's connection to Africa?

What's one remarkable fact you learned about Harriet Tubman?

What is Juneteenth?

Were all of our enslaved ancestors free in June 1865?

When did slavery really end in America?

What's one remarkable fact you learned about Juneteenth?

Why is it important that we celebrate Juneteenth just as much as, if not more, than July 4th?

Do you feel Juneteenth should be a national holiday?

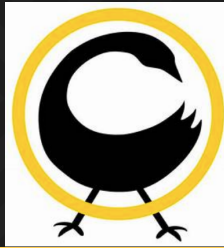
VISUAL AND ORAL EXPRESSION

Using this lesson as inspiration, create your own visual display of freedom, Juneteenth, or Harriet Tubman. For older Imani Geniuses, you can use digital artistic forms and write about one of the three topics as well using the following template.



Basic Essay Outline Template: Five-Paragraph Essay

| | | |
|-------------------------|-----------------------|----|
| I. Introduction | | |
| | Thesis: | |
| Topic 1 | A. | |
| Topic 2 | B. | |
| Topic 3 | C. | |
| | Transition Sentence: | |
| II. Body | | |
| Topic 1 | A. | |
| Evidence | | 1. |
| Explanation of Evidence | | 2. |
| Evidence | | 3. |
| Explanation of Evidence | | 4. |
| Topic 2 | B. | |
| E | | 1. |
| E | | 2. |
| E | | 3. |
| E | | 4. |
| Topic 3 | C. | |
| | | 1. |
| | | 2. |
| | | 3. |
| | | 4. |
| III. Conclusion | | |
| | Thesis Re-stated | |
| | A. Re-state Topic 1 | |
| | B. Re-state Topic 2 | |
| | C. Re-state Topic 3 | |
| | Concluding Statement: | |



HARRIET TUBMAN



- Born enslaved in Dorchester, MD
- Died free in 1913 in Auburn, NY
- Changed her name from Araminta to Harriet to honor her mother and hide.
- Union spy
- helped to free hundreds of enslaved people using the Underground Railroad.

RISE Imani Geniuses

Resources and Links



#1. Order Juneteenth, Harriet, Activist, and Imani Genius Tees Here:

<https://riseeduconsulting.com/store/>



#2. Watch "Harriet Tubman" animated movie here:

https://youtu.be/jL8fuiHj_sE



#3. Subscribe to RISE Imani Geniuses and Reading With MiMI YouTube here:

<https://www.youtube.com/channel/UCNm3liQmWZmyAAKS7knhkTA>



#4. Purchase all Reading With MiMi and BBoys & BGirls Read too Books here:

PreK-2nd Grade:

https://www.amazon.com/shop/blackgirlspeaks?listId=ILLE3L6UP2OH&ref=idea_share_inf

3rd-5th Grade:

https://www.amazon.com/shop/blackgirlspeaks?listId=1SQX84LVF4PBD&ref=idea_share_inf



#5. Join RISE Educational Village here:

<https://www.facebook.com/groups/raisingimhotep/>



RISE PUBLISHING

JUNETEENTH COOKING GRIOT

***RECIPES AND STORIES TO SHARE FOR GENERATIONS
OF EMANCIPATION CELEBRATIONS.***

COLLECTED BY TALITHA ANYABWELE



SWEET CORNBREAD

VEGAN INGREDIENTS

- 1 1/4 CUPS CORNMEAL
- 1 CUP ALL-PURPOSE FLOUR
- 1 CUP UNSWEETENED ALMOND MILK
- 1 TSP SALT
- 1 TSP BAKING POWDER
- 1 TSP BAKING SODA
- 1/4 CUP BROWN SUGAR(OR MORE OR NONE)
- 1 TBSP APPLE CIDER VINEGAR
- 1/2 CUP CREAMED CORN (OPTIONAL)
- 1/4 CUP MELTED VEGAN BUTTER (I USE EARTH'S BALANCE.)

NON-VEGAN INGREDIENTS BY J.D ADAMS

- 5 CUPS SELF RISING CORNMEAL
- 5 TBSP ALL PURPOSE FLOUR
- 5 TSP GRANULATED SUGAR(OR MORE, BUT AT LEAST THIS AMOUNT)
- 2 1/2 CUPS WHOLE MILK ROOM TEMPERATURE
- 6 LARGE EGGS ROOM TEMPERATURE AND BEATEN
- 8 OZ SOUR CREAM ROOM TEMPERATURE
- 1/2 CUP SALTED BUTTER MELTED
- 1/3 CUP VEGETABLE OIL
- 1/2 CUP CREAMED CORN (OPTIONAL)

DIRECTIONS

1. PREHEAT OVEN TO 375 DEGREES AND PLACE CAST IRON SKILLET IN THE OVEN WITH A TBSP OF (VEGAN) BUTTER TO GREASE PAN. TURN ON A MIX OF MUSIC INSPIRED BY "SWEET HONEY IN THE ROCK."
2. MIX ALL DRY INGREDIENTS IN A LARGE MIXING BOWL.
3. COMBINE WET INGREDIENTS ONE BY ONE IN A SEPARATE BOWL. SLOWLY ADD TO DRY MIXTURE.
4. ADD CREAMED CORN.
5. REMOVE SKILLET AND SWIRL MELTED BUTTER AROUND TO COAT.
6. POUR BATTER IN HOT SKILLET AND BAKE FOR 30-35 MINUTES UNTIL A TOOTHPICK CAN BE INSERTED IN THE CENTER AND WITHDRAWN CLEAN. WHILE IT'S BAKING, WARM YESTERDAY'S GREENS TO PREPARE FOR A BOWL OF GREENS AND CORNBREAD.
7. REMOVE CORNBREAD AND ADD (HONEY) BUTTER TO THE TOP.

THE ORIGIN OF CORNBREAD IS UNKNOWN, BUT IT IS SAID TO HAVE DERIVED OVER TIME THROUGH THE INFLUENCE OF NATIVE AMERICANS' USE OF CORN AND AFRICANS IN THE SOUTH GROUNDING THE CORN INTO MEAL AND COMBINING WATER BEFORE BAKING. OVER TIME, AS ACCESS TO OTHER INGREDIENTS BECAME MORE AVAILABLE, THEY WERE ADDED TO GIVE MORE FLAVOR AND TEXTURE TO CORNBREAD. IT'S NOW A SOUTHERN DELIGHT AND OFTEN PAIRED WITH GREENS. DEPENDING ON WHERE IN THE SOUTH YOUR ANCESTORS WERE FROM, YOU MAY PREFER SWEET (YES!) OR SAVORY CORNBREAD. YOU ALSO MAY WANT TO CRUMBLE YOUR CORNBREAD IN YOUR GREENS LIKE I DO, OR COMPLETELY SEPARATE THEM AND ENSURE THE "POT LIKKER" NEVER TOUCHES YOUR CORNBREAD. BOTH ARE JUST RIGHT.

COLLARD GREENS

INGREDIENTS

- 1-2 BUNCHES OF COLLARD GREENS OR TWO BAGS OF CHOPPED GREENS
- LIQUID SMOKE
- 1 TBSP OLIVE OIL
- 2 TBSP CHOPPED GARLIC
- 1 TBSP WHITE VINEGAR (OPTIONAL)
- 1/2 YELLOW ONION CHOPPED
- 1 CUBANELLE PEPPER OR CAYENNE PEPPER (OPTIONAL)
- SALT OR AMINO ACIDS
- GARLIC POWDER

DIRECTIONS

1. TURN ON A GOSPEL PLAYLIST INSPIRED BY JAMES CLEVELAND AND REMOVE THE GREENS FROM STEM AND CHOP. REMOVE ANY BROWNEED OR OVERLY WILTED LEAVES. IF USING THE BAG, SIFT THROUGH AND REMOVE EXCESSIVE STEMS. WASH GREENS EITHER WAY IN COLD, SALTED WATER TO REMOVE DIRT.
2. IN A STOCK POT, ADD OLIVE OIL, CHOPPED ONIONS, GARLIC, AND CHOPPED CUBANELLE PEPPER IF USING. SAUTEE ON MEDIUM HEAT UNTIL ONIONS ARE TRANSLUCENT.
3. POUR IN VEGETABLE BROTH AND VINEGAR WITH CAYENNE PEPPER IF USING.
4. ADD GREENS IN THICK LAYERS WHILE SEASONING EACH LAYER WITH GARLIC POWDER, LIQUID SMOKE, AND SALT OR AMINO ACIDS.
5. DO NOT BOIL GREENS. ALLOW THEM TO SIMMER AND THE FLAVORS TO MARRY ON LOW HEAT FOR ONE HOUR WITH THE LID CLOSED. TEST FOR TENDERNESS AND BITTERNESS AFTER ONE HOUR AND ADJUST SEASONINGS AND TIME TO COOK ACCORDINGLY. (*IF GREENS ARE NATURALLY BITTER, ADD A TBSP OF SUGAR.)

COLLARD GREENS ARE THE VERY EPITOME OF KUUMBA AND A STAPLE IN AFRICAN AMERICAN CULTURE. BORN OUT OF NECESSITY, ENSLAVED AFRICANS USED WHAT WHITE PLANTATION OWNERS DISREGARDED AS WEEDS, AND APPLIED THEIR COOKING METHODS OF OTHER LEAFY VEGETABLES NATIVE TO AFRICA LIKE GBURE. THEY COOKED THEM SLOW AND STEADY ON LOW DIRECT HEAT AND FOUND THE NUTRIENTS OF THE GREENS AND THE "POT LIKKER" HAD MEDICINAL PROPERTIES. TODAY, IT IS A STAPLE IN SOUTHERN CUISINE AND DEFINITELY SERVED AT CELEBRATORY FUNCTIONS LIKE JUNETEENTH. THIS IS A VEGAN VERSION, BUT SMOKED TURKEY OR HAM HOCKS ARE ALSO ADDED FOR FLAVOR IN MANY RECIPES.

HIBISCUS TEA

INGREDIENTS

- 2 QUARTS WATER
 - 1 CUP GRANULATED SUGAR
 - 1 CUP DRIED HIBISCUS FLOWERS
 - 1 CINNAMON STICK
 - 1 TBSP CHOPPED GINGER
 - 1 TSP ALLSPICE
 - LIME JUICE (OPTIONAL)
-

DIRECTIONS

1. PUT 4 CUPS OF THE WATER AND THE SUGAR IN A MEDIUM SAUCEPAN AND BRING TO A BOIL.
 2. ADD CINNAMON, GINGER, AND ALLSPICE. HEAT UNTIL SUGAR HAS DISSOLVED.
 3. STEEP DRIED HIBISCUS FLOWERS BY REMOVING POT FROM HEAT AND STIRRING IN THE DRIED HIBISCUS FLOWERS. COVER AND LET SIT FOR 20 MINUTES.
 4. STRAIN THE TEA CONCENTRATE INTO A PITCHER.
 5. ADD REMAINING 4 CUPS OF WATER TO THE CONCENTRATE, AND CHILL. SERVE OVER ICE WITH JUNETEENTH TEA CAKES.
-

IT IS SAID THAT THE PETALS AND SEEDS OF THE HIBISCUS FLOWER SURVIVED THE TREK OF OUR ANCESTORS THROUGH THE MAAFA TO THE AMERICAS. DURING SLAVERY, OUR ANCESTORS WOULD STEEP THE DRIED PETALS FOR MEDICINAL PURPOSES AS THE TEA LOWERS BLOOD PRESSURE, EASES THE PAIN OF HEADACHES, INCREASES STAMINA AND THE FUNCTION OF YOUR IMMUNE SYSTEM. IT WAS LATER REALIZED, HOWEVER, THAT IN LARGE DOSES IT CAN INCITE DROWSINESS AND HALLUCINATIONS AND CAN LEAD TO A FEELING OF INTOXICATION. THIS, AND ITS VIBRANT RED COLOR COULD BE WHY IT WAS USED IN JUNETEENTH CELEBRATIONS. IF YOU'RE MAKING AND DRINKING THIS FOR THE FIRST TIME, DRINK IN MODERATION.

JUNETEENTH TEA CAKES I

INGREDIENTS

- 1 CUP (VEGAN) SHORTENING
 - 1-1/2 CUPS GRANULATED SUGAR
 - 1/4 CUPS OF MOLASSES
 - 2 LARGE (VEGAN) EGGS
 - 1/2 CUP (ALMOND) MILK
 - 1/2 TEASPOON VANILLA EXTRACT
 - 3 CUPS SELF-RISING FLOUR
 - 1 TBSP CINNAMON
-

DIRECTIONS

1. PREHEAT OVEN TO 350 DEGREES AND PLAY MUSIC FROM TIDAL'S BLACK MUSIC MONTH PLAYLIST.
 2. IN A BOWL, CREAM SHORTENING AND SUGAR.
 3. SLOWLY BEAT IN (VEGAN) EGGS ON A LOW SPEED.
 4. ADD (ALMOND) MILK, CINNAMON, AND VANILLA AND BEAT WELL ON LOW SPEED.
 5. MIX IN FLOUR UNTIL SMOOTH DOUGH IS FORMED.
 6. DROP DOUGH BY TABLESPOONFULS 2-1/2 IN. APART ONTO GREASED BAKING SHEETS.
 7. BAKE AT 350° FOR 15-20 MINUTES.
 8. ALLOW TEA CAKES TO COOL FOR 15 MINUTES BEFORE ENJOYING.
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LIKE MOST THINGS, OUR ANCESTORS USED WHAT THEY HAD TO CREATE SOMETHING THEY NEEDED OR DESIRED. TEA CAKES WERE A TREAT CREATED WITH THE LIMITED FLOUR, LARD, AND NATURALLY DERIVED MOLASSES AND SPICES OUR ANCESTORS HAD ACCESS TO BECAUSE THEY COULDN'T ALWAYS GET SUGAR, FLOUR, OR BUTTER IN LARGE AMOUNTS. THEY WOULD SEE WHITE WOMEN HOSTING TEA PARTIES WITH PASTRIES AND MINIATURE CAKES ON THEIR FRONT PORCHES AND IN THEIR PARLOURS. THEY ASSOCIATED THESE DELIGHTS WITH RARE CELEBRATION AND GAIETY. AFTER WORD SPREAD OF EMANCIPATION, THESE TEA CAKES BECAME A COMMON DESSERT SERVED AT JUNETEENTH CELEBRATIONS. THESE TEA CAKES LOOK MORE LIKE COOKIES, AND ARE THE PERFECT AFTERNOON SNACK WITH HIBISCUS TEA, AND A JUNETEENTH CELEBRATION.

JUNETEENTH TEA CAKES II

INGREDIENTS

- 2 1/4 CUPS ALL-PURPOSE FLOUR
- 1/3 CUP GRANULATED SUGAR
- 1/4 CUP FIRMLY PACKED BROWN SUGAR
- 1/4 TEASPOON GROUND CINNAMON
- 1/8 TEASPOON SALT
- 1/2 CUP (VEGAN) BUTTER, SOFTENED (I USED EARTH'S BALANCE)
- 1 TEASPOON BAKING POWDER
- 1/4 TEASPOON BAKING SODA
- 1/3 CUP (ALMOND) MILK
- 3 TABLESPOONS MOLASSES

DIRECTIONS

1. PREHEAT OVEN TO 350 DEGREES AND TURN ON A NEGRO SPIRITUALS PLAYLIST.
2. COMBINE FLOUR, SUGARS, CINNAMON, SALT IN BOWL.
3. SLOWLY ADD IN BUTTER AND BEAT ON A LOW SPEED UNTIL IT BECOMES A CRUMBLY MIXTURE.
4. STIR IN BAKING POWDER AND BAKING SODA.
5. ADD MILK AND MOLASSES AND BEAT ON LOW SPEED UNTIL MIXED, BUT DON'T OVERMIX.
6. USING AN ICE CREAM SCOOP OR SPOON, DROP SCOOPS OF DOUGH ON BAKING SHEET. YOU CAN ALSO PINCH OFF A FINGERTIP FULL AND ROLL INTO SMALL BALLS BEFORE PLACING IT ON THE BAKING SHEET.
7. BAKE 10-14 MINUTES UNTIL SLIGHTLY BROWNED WITH CRISP EDGES.
8. ALLOW TEA CAKES TO COOL FOR 10 MINUTES BEFORE SERVING WITH HIBISCUS TEA.



RED VELVET CAKE

RED IS THE COLOR ASSOCIATED WITH JUNETEENTH TO HONOR THE BLOOD OF OUR ANCESTORS.

CAKE INGREDIENTS

- 1 1/2 CUPS BUTTERMILK OR
1 1/2 CUPS ALMOND MILK
MIXED WITH 1 1/2 TSP APPLE
CIDER VINEGAR
- 4 LARGE (VEGAN) EGGS
- 3 CUPS ALL-PURPOSE FLOUR
- 3 CUPS OF GRANULATED
SUGAR
- 2 TBSP RED FOOD COLORING,
OR TO PREFERENCE
- 1/2 CUP UNSWEETENED COCOA
POWDER
- 1/2 CUP CORNSTARCH
- 1 TBSP BAKING SODA
- 1 TSP VANILLA EXTRACT
- 1 1/4 CUPS OF WARM WATER
- 1 TSP OF WHITE VINEGAR
- 1/2 CUP VEG. OIL
- 1 1/2 TSP SALT
- 1 1/2 TSP BAKING POWDER

DIRECTIONS

1. PREHEAT OVEN TO 350 DEGREES AND GREASE THREE 9 INCH ROUND PANS WITH (VEGAN) BUTTER. DUST THEM WITH A LITTLE FLOUR.
2. IF USING THE VEGAN RECIPE, PREPARE YOUR VEGAN BUTTERMILK BY COMBINING ALMOND MILK WITH APPLE CIDER VINEGAR. PREPARE YOUR PREFERRED VEGAN EGGS FOR THE EQUIVALENT OF FOUR EGGS. I LIKE TO USE "JUST EGG." SET BOTH ASIDE.
3. MIX ALL DRY INGREDIENTS IN A LARGE MIXING BOWL WITH A WOODEN SPOON.
4. POUR IN EACH WET INGREDIENT ONE BY ONE MIXING ON MEDIUM SPEED IN BETWEEN EACH.
5. DIVIDE THE BATTER BETWEEN THE THREE PANS EVENLY.
6. BAKE FOR 30-35 MINUTES UNTIL A TOOTHPICK CAN BE INSERTED IN THE CENTER AND WITHDRAWN CLEAN. WHILE IT'S BAKING, PREPARE YOUR ICING. THAT'S THE BEST PART!
7. REMOVE CAKES FROM PAN AND ALLOW TO COOL FOR ABOUT 20 MINUTES. APPLY YOUR ICING ONCE COOLED. TOP WITH CHOPPED WALNUTS IF THERE ARE NO NUT ALLERGIES. I LOVE THE CRUNCH AND CONTRAST OF THE NUTTY AND SWEET FLAVORS.

ICING INGREDIENTS

- 1 CUP (VEGAN)
BUTTER AT ROOM
TEMPERATURE
- 16 OZ OF (VEGAN)
CREAM CHEESE AT
ROOM TEMPERATURE
- 4 CUPS OF SIFTED,
FINE POWDERED
SUGAR
- 1 TSP VANILLA
EXTRACT

IN A LARGE BOWL, BEAT TOGETHER BUTTER AND CREAM CHEESE UNTIL SMOOTH AND FLUFFY. USE A HAND MIXER OR STAND MIXER UNLESS YOU JUST WANT TO PAY HOMAGE TO ELDERS AND ANCESTORS BY USING A WOODEN SPOON. ADD IN VANILLA EXTRACT AND KEEP MIXING UNTIL COMBINED. SLOWLY ADD IN POWDERED SUGAR, 1 CUP AT A TIME UNTIL FROSTING IS SMOOTH. TRY NOT TO EAT IT BY THE SPOONFUL.