



Recipe Card

SOVEREIGNTY CEVICHE

(KELAGUEN/OKA I'A/ESCABECHE)

Category : Caribbean & Pacific Island Fare

Servings : 4

Prep Time: 10 min Total Time: 15 min



Ingredients

- (1) Your favorite protein
- (2) Lemons (juiced)
- (1) small onion (finely diced)*
- *Can sub (6) green onions
- Salt (~2 tsp)
- Optional Ingredients:
- Hot chili peppers
- Coconut (grated)

Directions

Chop up your favorite meat or seafood. Season it with lemon juice, salt, onions, and hot chili peppers. Add optional ingredients (like freshly grated coconut or hot chili peppers). All ingredients added to taste! If you prefer your kelaguen more tangy, add more lemon juice. Pairs well with rice, as a dip with tortilla chips, or even stuffed in taco shells!



Tools

Cutting board, sharp knife, medium mixing bowl, food processor (for protein)





Recipe Card

ADVOCACY ASOPAO

(HOW TO ADVOCATE)

Category : U.S. Territories - Caribbean & Pacific Islands

Serving : Your Community!

Prep Time: Now! Total Time: 5 min+

Ingredients

- You!
- Community Members
- Showing Up Consistently
- Volunteer When Possible
- A Community/Local Garden
- Leaving Comfort Zone
- Value-Based Shopping
- Find Mentors or Guides

Directions

One of the best ways to advocate is to contact your congressional representative and Senators to educate them about food security issues impacting your community. When writing or calling your local officials you can start by introducing yourself, describing the issues pertaining to food justice/sovereignty that resonate with you, and making a specific request of the type of action you want them to take. Another action: **Get involved with a grassroots organization working towards these issues or potentially run for office yourself!**

Tools

Find Gardens In Your Area (Interactive Map)



Food Justice & Food Sovereignty Digital Toolkit



Who Represents Me?

