

Garifuna Food Tree

This Is The Food Tree Story Of The Garifuna
TRIBE

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Fall 2022 BSAA Garifuna Cohort



Oral History

The Garifuna culture is Afro Caribbean. It combines Caribbean fishing and farming traditions with a mix of South American and African music, dance and spirituality. Today, Garifunas' world population exceeds her 300,000, many of whom live in the United States and Canada. Garifuna communities along the Caribbean Sea live primarily in coastal towns and villages in every Central American countries of Belize, Guatemala, Honduras, and Nicaragua. Dangriga is the largest municipal in southern Belize. The city marks every geographical and cultural barrier between northern and southern Belize. Dangriga can be considered the spiritual capital of every Garifuna in Belize. Today, travelers to southern Belize can still experience native Garifuna drumming in local restaurants and clubs around Dangriga and Hopkins on Belize's Caribbean coast.

Garifuna people, history and culture. Global Sherpa. (n.d.). Retrieved December 13, 2022, from <https://globalsherpa.org/garifunas-garifuna/>

Indigenous People of the Caribbean



Linguists and then archeologists of the 19th century group together the various Arawak-speaking peoples in the Greater Antilles (map created by Smithsonian Exhibits, 2017).

Origin of Garifuna

Garifuna's ancestry are complicated along with include attempts to enslave, imprison, displace and resettle indigenous African center. Whether or not the exact period is disputed, historians believe that the West African escaped a shipwrecked slave ship off the coast of St. Vincent and the Grenadines in his 17th century. While living in St. Vincent, these West Africans and their descendants associate with the Arawak and Caribbean inhabitants about the Caribbean islands to form the community now known as the Black Caribbean, or Garifuna in Arawakan.

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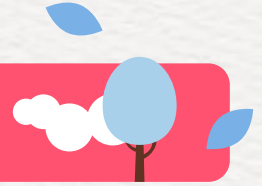
Garifuna Food Sovereignty



Miriam Miranda, Garifuna Environmental Activists and leader of Black Fraternal Organization of Honduras (OFRANEH)

“Our liberation starts because we can plant what we eat. This is **food sovereignty**. There is a big job to do in Honduras and everywhere, because people have to know that they need to produce to bring the autonomy and the sovereignty of our peoples. If we continue to consume [only], it doesn’t matter how much we shout and protest. We need to become producers...It’s also about recovering and reaffirming our connections to the soil, to our communities, to our land” (Miranda, 2020).

The Food Origin of Garifuna



Garifuna cooking native directed toward Central America and African infrastructure details such as fish, cassava, bananas and okra. Sand method, a thick cassava porridge offered during wakes and night ceremonies, is an illustration of traditional Garifuna dishes. The Garifuna version of tamales, dalasa, is made from green bananas and has a sweet and sour taste. Cassava bread follow most meals.

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What are Garifuna Dishes

Sere is a hearty coconut and fish soup made with fresh coconut milk, okra, onions, cilantro and fried fish.

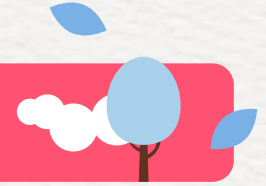
Photos credit: Isha Gutierrez-Sumner
@weigaletseat



The Different types of Dishes

- Hudut/Hudutu
- Cassava Bread
- Sahou
- Cassava Pudding
- Sere
- Dharasa

Hudutu



Yummy!

Hudutu is a traditional dish and it is called the heart of Garifuna Kitchen.

Hudut is also a soup dish, consisting of coconut soup (sere without vegetables) served with whole fried fish and machuca, mashed ripe green plantains. To add a little kick to the hudut, one of his tricks is to add plenty of whole habanero peppers to the pan.

Ereba: Cassava Bread



Photo by @weigaletseat

- Fluffy bread that looks like it was bought at a bakery. Cassava root is grated, pressed, sifted and cooked into round, flat biscuits. The process of making cassava bread begins with grating the root. After grating the roots, place the whole shish kebab into a long weave strainer and squeeze to draw out all the moisture. Dried cassava shish kebabs are sieved to give a finer force. This powder is then liberally sprinkled over large round comars and cooked until firm biscuits. During the cooking process, a straw-like tool is used to scrape the cassava flour and whisk it into a compacted treat. Spices can be added to the cassava bread to customize the flavor.

Garifuna Food Technology

Hibise (Sifter)

Egi (Grater)

Aduguley
(Flattening
Board)



Ruguma (Gain
strainer)

Regigi (traditional clay
stove)

Beísawa (Broom for flour)

Sahou

- A sweet and rich milk drink made from cassava root. This delicious drink is made with cassava, condensed milk, coconut milk, cinnamon, nutmeg and vanilla extract.



Cassava Pudding

- Cassava pudding is also called "plastic pudding" because of its slightly translucent appearance and jelly-like texture.



Sere

- Sere is a hearty coconut and fish soup made with fresh coconut milk, okra, onions, cilantro and fried fish. Potatoes, cassava and other vegetables were added according to personal preference. It is usually served with white coconut rice.

Ereba



Photo by @weigaletseat

- The hardy plant was used by the Arawak Indians of South America and is a staple food of the Garifuna people. Ereba is the Garifuna term for cassava. Known as yuca in Latin America, it grows mostly wild and requires minimal care to produce.

Wu, A. (n.d.). *5 traditional Garifuna dishes you must try in Belize*. Belizing. Retrieved December 13, 2022, from <https://belizing.com/5-Traditional-Garifuna-Dishes-You-Must-Try-in-Belize/>

Dharasa

Click on the image!



CITATIONS

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Garifuna people, history and culture. Global Sherpa. (n.d.). Retrieved November 11, 2022, from <http://globalsherpa.org/garifunas-garifuna/>

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The Fund for Global Human Rights (2020, December 22). *Hunger is a human rights issues* <https://globalhumanrights.org/stories/hunger-is-a-human-rights-issue/>