Monthly Newsletter – April 2017

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**Mission:**

The Mission of the Cultural Heritage Center is to promote, inform and explore the multi-ethnic, diverse nature of Southwest Florida through educational programs, outreach efforts and celebrations of culture. We are developing a plan for a permanent facility which would allow for the programming noted later in this newsletter.

Ethnic, religious and affiliate groups that form the core advisory board for the Cultural Heritage Center include but are not limited to:

African Americans, Ukrainians, Indians, Latinos, Irish, Slovaks, Haitians, Jews, Native Americans, Germans, Greeks, Filipinos

**Partners:**

Partners in the development of the plan for the Cultural Heritage Center include: TEAM Punta Gorda; Punta Gorda/Englewood Beach Visitor and Convention Bureau; Blanchard House Museum; Florida Gulf Coast University at Herald Court Centre.
Proposed Programming:

Proposed programming includes but not limited to:

- Inclusionary multi-faceted, rotating exhibits
- Annual Cultural Heritage Festival
- Cooking classes
- Language classes
- Cultural/language immersion classes
- Summer language/culture camps for children and teens
- Cultural lending library
- Art exhibits
- Partnership with Rotary Exchange Programs
- Ethnic Food Festivals

March Cultural Focus: Irish

No recipe of Irish food can exist without some recognition of the effects of the Great Famine which began in 1845. The famine was not really a famine at all. Ireland, then as now, was a country capable of producing large quantities of food, and continued to do so throughout the famine years.

Only a single crop, the potato, failed. No other crops were affected and there were oats and barley being produced in Ireland throughout these years. But these were considered ‘cash crops’, produced for export and owned not by those who worked in the fields but by large landowners. Food exports continued virtually unabated even as people starved.

The diet eaten by ordinary people changed dramatically after the famine. Potatoes continued to be important but increasingly imports of cheap cornmeal or maize, mainly from America, provided an alternative and cheap source of nutrition for the very poor.

However, most Irish people felt that cornmeal was fit only for feeding to pigs or poultry and this became its main use with a resulting increase in the availability of meat and eggs, both for consumption by the family and as a means for farmers to earn cash. By the end of the 1800s this hated food corn with its echoes of the famine, was completely off the table and had been replaced in the Irish diet by locally grown oatmeal.

So, it was the introduction of corn into Ireland, and while not consumed by the Irish, led to the lowly oat becoming the symbol of a new prosperity and self-sufficiency that these two recipes celebrate.
Two Traditional Irish Recipes

Oatmeal and Potato Pancakes

**Ingredients:**
- 250g (10oz) Boiled and peeled potatoes
- 150g (4oz) Flahavan’s Oatmeal
- 50g (2oz) Plain Flour
- 1 Large chopped onion
- 1 Clove garlic chopped
- 2 Eggs
- 500ml (3/4 pint) Milk
- 1 tbsp Chopped fresh herbs (thyme/parsley/chives)
- Butter and oil for frying

**Method:**
1. Place the potato, oats, flour, onion and garlic in a food processor or a blender and blend for approx. 1 min.
2. Add the eggs, milk herbs and blend for a further minute. Season as required.
3. Heat some oil and a knob of butter in a frying pan.
4. Put 1 tablespoon of pancake mix (per pancake) on the pan and fry for 1 minute, turn over and fry the other side until golden brown and cooked through. You can cook 3-4 pancakes at a time on the pan.
5. Transfer the pancakes to a warm plate and repeat steps 3 & 4 above until mixture is used up.

Kerry Porridge

**Ingredients:**
- 1 tbsp coconut oil
- 2 cups Flahavan’s Oats
- 2 cups whole milk
- 1 egg white
- 1/2 large zucini (grated)
- 1 tbsp raw honey

Top with Mint Leaves/Basil and ground Walnuts Nuts

**Method:**
1. Grate the zuccini and set aside, separate the egg white and egg yolk and set the egg white aside (if using).
2. Place a small size saucepan over medium heat, add the coconut oil.
3. Once the coconut oil is melted toss in the oats and stir for a moment, toasting a little.
4. Pour in the milk and continue to stir until its about 50% cooked, then add in the grated zuccini – keep stirring until your oats reach your desired consistency (runny or thick – however you like it).
5. Remove from the heat and quickly whisk in your egg white with a fork, this adds a real creaminess to the oats! – but work fast.
6. Add the raw honey
7. Garnish with the toppings.

Slainte! Agus bos in Erin!
**Bonus Greek Recipe**

**Soupa Avgolemono (Chicken Soup with Egg-Lemon Sauce)**

**Ingredients:**
- 1 4-5 lb stewing Hen or Chicken
- 3 Peppercorns, 1 small carrot, 1 onion, 1 stalk celery
- Salt to taste, 1 cup Orzo

**Method:**
Cover Hen/Chicken with water; add peppercorns, carrot, onion, and celery, salt. Simmer over low heat until tender. Strain broth, add Orzo, continue to cook until tender. Remove broth from heat. Add avgolemono sauce according to directions (below).

**Avgolemono (Egg Lemon Sauce)**

**Ingredients:**
- 3 Eggs
- 2 Lemons, juice of

**Method:**
Beat eggs well & gradually beat in lemon juice. Add hot broth very slowly to egg sauce, beating constantly. Return soup to low heat and stir vigorously until thickened. DO NOT BOIL! ENJOY!
Books About Ireland

CHILDREN'S BOOK (ages 8-12)
The O'Brien Book of Irish Fairy Tales and Legends
ISBN 9781847173133
$18.95

COOKBOOK
The New Irish Table: Recipes from Ireland's Top Chefs
ISBN 9781623545246
$24.99

CULTURE
The Immortal Irishman: The Irish Revolutionary Who Became an American Hero
Egan, Timothy (Author)
97805449444831
$15.99
Pictures from the Ukrainian Easter Bazar

Saturday, April 1, 2017, 10 - 5 at the Ukrainian Cultural Center at 4100 S. Biscayne Drive in North Port.
Pictures from the Czech and Slovak Heritage Dinner

Sunday, April 2, 2017   1 – 4 pm, Historic Punta Gorda Women’s Club
Upcoming Events

Blanchard House Museum

May 20, 2017 - Come join the celebration of Emancipation Day at the Blanchard House Museum, 2-5 PM. Last chance to visit the Jim Crow exhibit. Panel of residents who participated in the Jim Crow oral history project, refreshments. Free to the public.

Tel. (941) 575-7518 406 Dr. Martin Luther King, Jr., Punta Gorda, Florida 33950
The Museum is open Tuesday – Friday, 10am – 4pm until May, 20th. It reopens with a new exhibit in September.

Caribbean Club

Caribbean Jerk Festival 2017

October 2017 (Final Date - TBD)

German-American Social Club of Cape Coral

April 9-10 - Heritage Day Weekend in Lantana
April 22-23 – International Festival/International Night
April 29 - Country Night featuring Tru Kountry
May/June - Karaoke
October 20-22 & October 27-29 – Oktoberfest www.CapeCoralOktoberfest.com

www.gasc-capecoral.com

Filipino American Society

Flowers of May and Santacruzan are both Spanish terminologies meaning "Flowers of May and Sacred Cross respectively. Not a surprise since the Philippines was under the rule of Spain for 333 years. Flowers of May as the name suggests is a festival held during the month of May as a devotion to the Blessed Virgin Mary. Santacruzan, is the ritual pageant held on the last day of Flores de Mayo. It honors the mythical finding of the True Cross by Helena of Constantinople and Constantine the Great.

Over the years, both have become part beauty pageant, part religious education exercise. The tradition includes decorating arcs used in the parade, churches, even the whole town. One of the highlights is the parade of Reynas/beautiful women, each with significant meanings, in extravagant gowns. There are as many as 20 different symbols which include Faith, Hope, Religions other than Christianity, Justice, etc.

On Saturday, May 13, 2017, the Filipino American Society, Inc is sponsoring a kids Flores de Mayo/Santacruzan in order to introduce the strong faith of the Filipino people, to those who are not familiar with our culture and traditions. It will be held at Ponce de Leon Park in Punta Gorda. A Potluck picnic will be held after the parade which will start promptly at noon. After lunch, there will be organized games for all ages including Pabitin, another activity enjoyed by many in their youth back in the Philippines.
Sandra’s Authentic German & European Cuisine
May - Maibock Festival

111 West Olympia Ave
Punta Gorda, FL 33950
Phone: 941-575-0177
E-mail: info@sandras-restaurant.com

Ukrainian Dinners and Kitchen
Traditional dinners are served every Friday through May 29th 4:00 - 6pm.
Take out of Pierogies, Cabbage Rolls and Borscht also available 1-6pm.
Call 941-423-2427 for more information.