

**RIGHT**  
**TO**  
**FOOD**  
**ZINE**

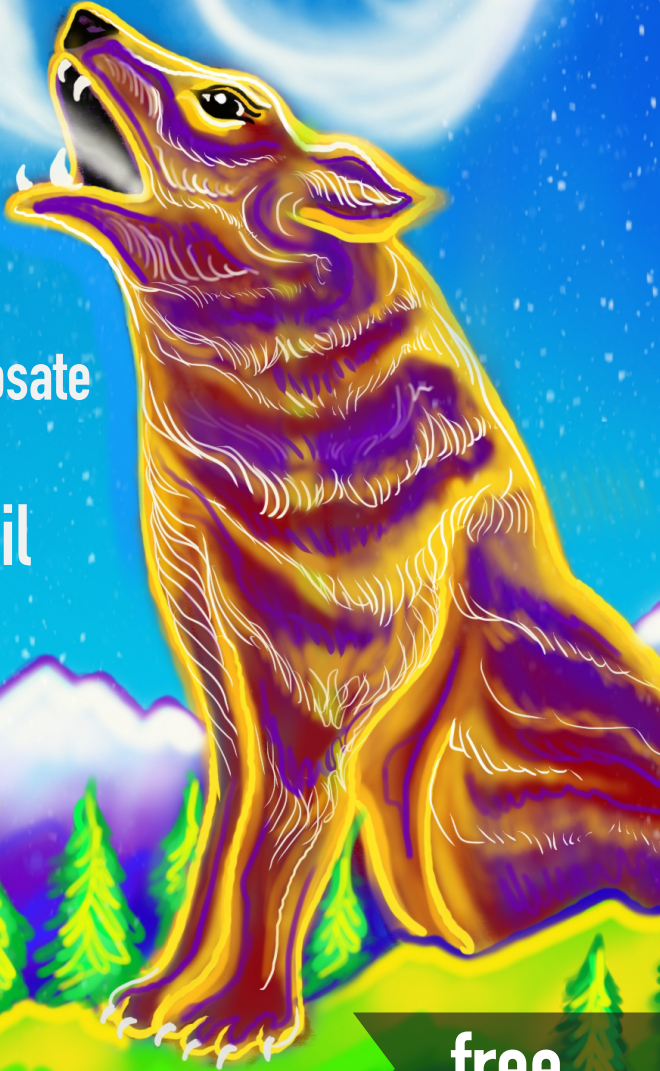
Winter 2022

Issue 32

# Cuetlaxochitl

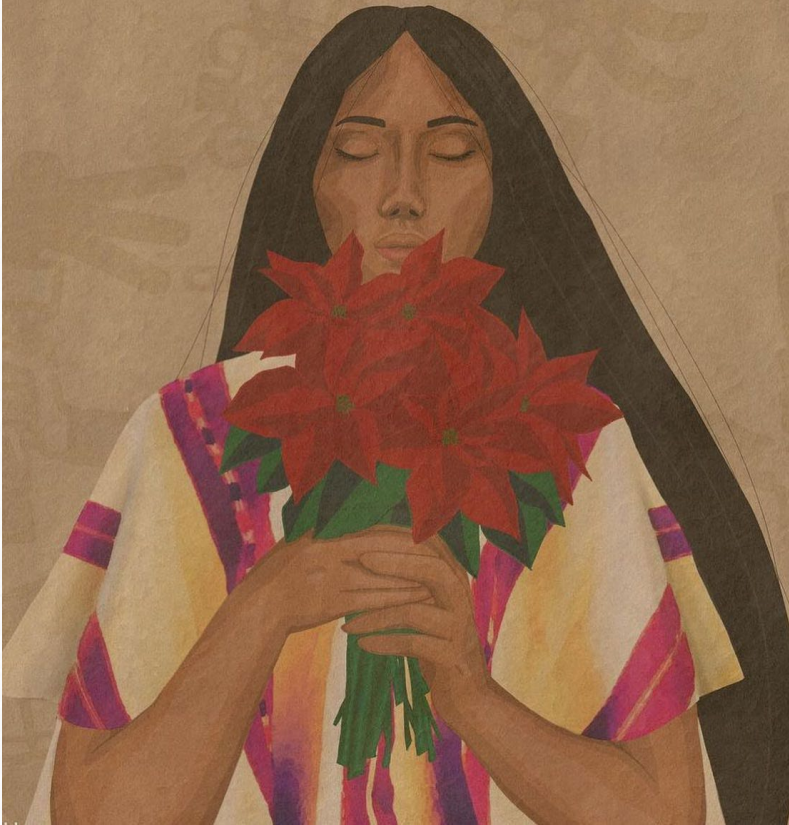
Action Against Glyphosate

Happiness =  
Our Hands in the Soil



free

# ~~POINSETTIA~~ CUETLAXOCHITL



By [@yaoxochitli](#)

*The cuetlaxochitl flower is native to Mexico.*

*This is a sacred flower that was colonized and written off in history as a “discovery” of Joel Poinsett’s in the 1800’s.*

*Joel Poinsett was a slave owner who promoted white supremacy and slavery in his travels and in his political career. He has also been responsible for the displacement of many indigenous peoples along the way by forcibly removing them from their native lands.*

*The Cuetlaxochime originally had nothing to do with Christianity or Christmas, they were a sacred plant used in ceremonies to celebrate the birth of Huitzilopochtli during our winter solstices. They were also used for medicinal and healing purposes to cure sicknesses, aid the flow of breast milk, as well as for dyeing fabrics.*

*Reverse the harm by calling our xochime by its original name, Cuetlaxochitl, and correcting those around you.*

*Pronunciation: Kwe-tla-so-cheetl!”*

**“WORK IS WORK!”** **04**

*Mildred German*

**08** **HAPPINESS = OUR HANDS IN  
THE SOIL**

*Sue Senger*

**DOUBLE RED: A RECIPE** **10**

*Anushka Azadi*

**14** **IN SEARCH OF HOPE:  
KARITON, KARTON, CARTOON!**

*Mildred German*

**PHỞ STORIES** **16**

*Kai Yung*

**18** **ACTION AGAINST  
GLYPHOSATE**

*Jennifer Cooley*

**MY WAY TO SECURE FOOD  
FOR THE WINTER MONTHS** **20**

*Hisao Ichikawa*

**22** **SENSORY CARE KITS: STORY  
AND GUIDE**

*phin drummond*

**WORLD WONDER** **24**

*John Betts*

**25** **“FEED THE WORLD”  
CHALLENGE**

*Sarah Bradshaw*

# “WORK IS WORK!”

...

***SAYS THE FILTHY RICH***

**ESSENTIAL FOOD WORKERS  
AMIDST RANDOM ATTACKS,  
EXPLOITATION, RACISM,  
AND EDUCATION GAPS**

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**BY MILDRED GERMAN**



Stories shared by many food workers expose the tedious process of food production, preparation, presentation, preservation, and intergenerational education.

On how blessings sprout from tiny seeds to a fine dining plate to be savored and enjoyed, there are many players to bountiful harvests. There are many bodies too involved in producing beautiful plates, and in reaching that stage of deliciousness, freshness, community nourishment, and wellness.

Yet, for so long, chefs, cooks, servers, dishwashers, cleaners, butchers, delivery drivers, fisherfolks, peasants, and more—the many unsung heroes of our societies continue to face exploitation, discrimination, and random attacks.

## MODERN-TIME UNDERBELLY

In the 21st Century, late New York City's celebrity-chef Anthony Bourdain, author of "Kitchen Confidential: Adventures in the Culinary Underbelly," shared in his book the endearing world of the kitchen,

*"So who the hell, exactly, are these guys, the boys and girls in the trenches? You might get the impression from the specifics of my less than stellar career that all line cooks are wacked-out moral degenerates, dope fiends, refugees, a thuggish assortment of drunks, sneak thieves, sluts and psychopaths. You wouldn't be too far off base. The business, as respected three-star chef Scott Bryan explains it, attracts 'fringe elements', people for whom something in their lives has gone terribly wrong. Maybe they didn't make it through high school, maybe they're running away from something-be it an ex-wife, a rotten family history, trouble with the law, a squalid Third World backwater with no opportunity for advancement. Or maybe, like me, they just like it here."*

Ironically, we live in a society where "white-collar" jobs are perceived as more successful and more preferable than "blue-collar" jobs. Blue-collar is a stereotype to refer to occupations involving physical labor or a skilled trade and are often physically demanding, dirty, and dangerous jobs opposite to the office environment which involves the workers sitting at a desk or computer to get work done.

Yes, it also took a pandemic for most employers to realize that Canada does not have an endless supply of cheap labour. Eventually, many employers also have realized that competitive wages are necessary to lure back staff, attract new workers, and to sustain staffing needs.

“

**EVERYTHING IMPORTANT I LEARNED, I LEARNED AS A DISHWASHER.**

- CHEF ANTHONY BOURDAIN

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## WANTED: DISHWASHERS

The shortage of workers in Canada, including professional cooks, bakers, food service workers, and dishwashers expose the demise of labour shortage. In October 2021, in desperation to lure workers, a restaurant in the Kitsilano neighbourhood in Vancouver offered a \$50,000 salary for a dishwasher amidst the staff shortages.

Dishwashers are in-charge of washing and sanitizing cutleries, plates, pots, and pans, drinking glasses, and many other utensils used in the kitchen. Before I graduated from culinary school, I used to work as a dishwasher. And in many occasions, dishwashers are also in-charge of cleaning and janitorial duties, including mopping the floors, cleaning the washrooms, taking out the garbage, assisting in some prep work in the kitchen, and additionally, laundry duties (depending on the type of the facilities).

Fact is, both white collar and blue collar workers, their families, and communities need clean plates, cutleries, and dining environments.

Without the dishwashers, the food industry will crumble. Thus, dishwashers also play a very significant role as a backbone of public health: including the proper washing and sanitation of plates, glasses, and cutlery - all which touch our food and our mouths. With all these being said, why are most dishwashers valued less than a public health employee?

## EVERYBODY COMPLAINS ABOUT WORK

A video of a young Starbucks barista went viral and sparked debates on social media as people had engaged in conversations in regards to the barista's caption, "Watch me make a grown adult their 6am milkshake." Many have expressed their criticism for the worker's voicing of her feelings in regards to her work, while many have also expressed their support citing that "everyone complains about work" and to leave the young worker alone.



**CAN WE REALLY CALL IT PROGRESS WHEN FOR EXAMPLE THERE ARE YOUNG PEOPLE WHO ARE OUT-OF-SCHOOL, EXPLOITED AT WORK, AND STUCK IN DEAD-END JOBS FOR THE LACK OF ACCESS TO EDUCATION?**

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Sadly, in our present times, there is inequality in this world- a great contradiction which too surrounds and affects our children and youth, which has been normalized for so long and resulting in this ever growing gap between the rich and the poor. Thus, let the working-class young workers complain about the social realities of our times and to implement actions towards real change!

This is the 21st century- a modern era boasting many technological advances, high merits, and mandatory paid-union memberships. But can we really call it progress when for example there are young people who are out-of-school, exploited at work, and stuck in dead-end jobs for the lack of access to education?

While there are those who attend prestigious schooling, there are still those who are impacted by poverty and racism. While there are those who struggle against racism, there are still those who are die-hard racists. While there are those who wholeheartedly struggle for a better world, there are those who are but bystanders, if not sheepdogs.

**The struggle is real. The struggle continues.**

## FACING THE HORRORS OF RANDOM STRANGER ATTACKS

Looking back, in October 2021, there were news reports of an attack at the Tim Hortons' branch in Abbott and Pender Street in Vancouver, BC. An employee was thrown with a hot beverage in the face by an angry customer. The horrifying ordeal was captured on closed-circuit television (CCTV).

In the same month, in Markham, Ontario, a Tim Hortons worker faced racism at

her drive-through workplace. A customer asked the worker “Is Filipino really good for cleaning only?” Not only did the viral video gather thousands of views, and become newsread, this incident of racism also gathered the disappointment expressed by the Filipino-Canadian community.

In the first month of 2022, a 25-year old man and a newcomer to Vancouver was stabbed repeatedly inside the Harbour Centre Tim Hortons’ branch. The victim was reportedly waiting to order when he was repeatedly stabbed in his back unprovokedly by a stranger. The victim was brought to the hospital and fortunately survived.

In September 2022, a 22-year-old newcomer to Canada was approached from behind and was attacked by someone he didn’t know. The victim, who was working for a meal-delivery service, was locking his bike to a street pole in Vancouver Chinatown when the attack occurred near Gore Avenue and East Pender Street. The victim reportedly suffered a number of life threatening stab wounds, including injuries to his chest and throat.

In October 2022, a 93-year old elderly man heading to a bakery in Vancouver’s Chinatown was reportedly pushed to the ground by a stranger in a random attack. He broke his hip due to the assault.

In November 2022, two gun-wielding thieves robbed a popular Commercial Drive cafe. It happened in brazen daylight at the height of brunch service, and left over a dozen people traumatized.

These are just some of the attacks and assaults faced by food service workers, and patrons in Canada. Yet, there are more other work-related attacks, accidents, and



**I DON'T TRUST ANYONE WHO'S NICE TO ME BUT RUDE TO THE WAITER. BECAUSE THEY WOULD TREAT ME THE SAME WAY IF I WERE IN THAT POSITION.**

**-MUHAMMAD ALI**

---

injuries in customer-relations, health, and service-oriented jobs.

Ideally, no one should feel unsafe buying a coffee, or serving it for a living. Ideally, no one should feel scared walking the streets while heading to a favourite bakery or grocery store. Ideally, no one should deal with the tormenting racism and exploitation that still exists and aggravated more by the COVID-19 crisis. Ideally, we should all be living harmoniously with dignity and respect- in good times and bad times. Ideally, the Creator creates, owns everything, and provides, that puts false mortal gods, masters and tyrants into shame.

Ideally there should be fruit to labor. As most people work as a means of survival, to improve their lives and of their loved ones, and to generally have a bright future, in many cases, the fruit of labor does not come as promised.

“You reap and sow” as a saying, but if so, then chefs, servers, farm workers, and food service workers must be rich by now. It makes me wonder, what will 2023 bring?

**The New Year should be another new dawn.**



# HAPPINESS = OUR HANDS IN THE SOIL

*BY SUE SENGER*

As a child, few things are more enjoyable or entertaining than being allowed to play in the dirt. Taking scoops of soil and mounding it or mushing it or turning it into a mud pie . . . these are the moments that make life great.

This joy isn't just for kids though!

Did you know that just inhaling the scent of fresh soil is enough to trigger the release of serotonin in your brain? And what does serotonin do?

It is the chemical in your body that generates feelings of happiness.

Therefore, the scent of soil equals happiness in your brain!

## HOW DOES SOIL MAKE YOU HAPPY?

Researchers have been studying a particular soil bacterium, *Mycobacterium vaccae*, for the last couple of decades. Studies in mice have shown that heat-killed preparations of this bacterium can increase immune function, reduce inflammation, reduce anxiety and improve memory and brain function.

Past research has also shown that people growing up on farms with farm animals have stronger immune responses and handle stressful situations better than people who grew up in the city and without pets. The concept demonstrated by this study is that the richer soil micro-community found on the farm generates long lasting positive effects on human health.

This means that when you inhale the scent of soil or come in contact with these good soil bacteria on your hands, or ingest tiny amounts on foods like carrots or beets, that these microbes produce greater health and wellbeing than if you never spent time with soil.

-  
*It is entirely possible to be too clean.*  
-

When soil micro-organisms break down plants, they release chemicals that give living soil that “earthy” smell that gardeners love. That smell literally triggers the release of feel-good chemicals in our brains. Time in the garden literally makes us feel better.

## HOW CAN YOU BENEFIT?

Although there is a lot of speculation about creating a “soil vaccine” that could be used like a drug in the place of anti-depressants, we are not there yet.

In the meantime, spending time in a garden is the best way to benefit directly from *M. vaccae* and other beneficial soil bacteria. Breathing in the scent of freshly turned soil is the fastest way to experience the mental boost possible from “soil therapy” the way Mother Nature intended.

Winter time with frozen ground? Don’t have a garden? No problem!

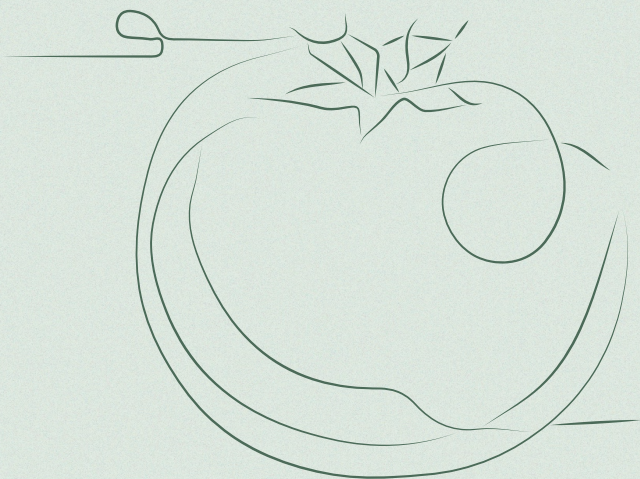
Try spending time in an indoor setting with lots of potted plants. Ideally the plants should have living soil, so that means including some rich compost or worm castings (available in bags from the plant nursery) rather than sterile potting soil in the pots.

## THE MIND-BODY-GARDEN CONNECTION

It’s not just our sense of smell that can generate feel-good vibes when you garden. Our ancient human brains are hard-wired to cues generated by being in a garden and the act of gardening.

Want to learn more about how gardening interacts with your mind and body? Join the Food Abundance Revolution Community and stay tuned for the Mind-Body-Garden program launching in January 2023.

You can find the community sign up page at: <https://www.foodabundance.ca/far-community>



# DOUBLE RED: a recipe



## BY ANUSHKA AZADI

Rules and Recipes, both trigger a similar anxiety but the season is ending and the tomatoes in the garden are only just starting to show. Take a ride into the city/Northeast. Visit your Mother's favorite market/chaotic. When you walk in, acknowledge the Indians at the counter. Laugh when they warn you, "it is your first time here, if you let him, he'll fill your cart to the ceiling." Say you'll be careful as a small man with a big voice dressed like home is already running towards you with the best prices for bulk buying, all just here, see?

Say it is Fall, say you are missing the wild garden (and everything/everyone that came with it), say you have always wished for a place of your own, say the sadness lasted all summer, say nowhere feels like home. He finishes listing the best prices for the best vegetables in one best breath and in a language that is not English asks, "What do you need?" You do not know all the words in this language that are not English to reply, "It's colder everyday and I need something red to warm us up, to remind us of all that we have bled over and all the blood that is still to come."

There was already one box of Italian tomatoes in your cart, but this small man with a big voice has already dispensed with it to show you something special. You have always wondered about love at first sight but have never considered love at first tomato and you let him fill your cart to the almost ceiling, the deal gets better with every tray he is adding. Another shade of blood red is catching your eye and next to the tomatoes are a pile of blue boxes with sweet red peppers and here, you are remembering a recipe you created your first days on the road and free.

It's two hundred dollars and some change, red in your cheeks and red all the way home and then it's seven days of the world and all of its not-enoughs melting away for your hands to do something beautiful, for your heart to finally burn at both ends, all night and all day. It is something beautiful, this dance, the canning pot is dented, your jars and lids aren't matching, there's one not-big-enough pot in the house and the glass roasting tray is breaking in your oven. You are missing your Kye7e's (Grandmother's) kitchen.

You do the dance anyway, stew the tomatoes all day, roast the sweetness into the peppers and garlic, fry the onions and add the masala, admire the gold in the haldi (turmeric), the darkness of the miri (black pepper), add some dhana/jeero (coriander/cumin), and make sure to salt just the way you like it. Use your Mother's rule, vegetable dishes favor dhana and meat dishes favor jeera. The skin of the peppers becomes paper in the oven, you learn how to separate burnt skin from sweet guts, and when the slippery insides fill your bowl, they are blended and added to the tomatoes, along with the roasted garlic and fried onions.

It's an electric roaster big enough to fit a turkey but almost full of tomatoes stewed without a lid to burn off the water, it's two large mixing bowls full of sweet pepper guts added to it, it's three bulbs of garlic per batch, two onions fried and half a hand of haldi, almost a full hand of miri, three hands of dhana and two hands of jeero. After it all cooks together it's left to cool overnight and blended in the morning. One batch at a time is put into pint jars and sealed in a water bath, fifteen minutes for smaller jars and thirty for bigger ones.

This goes on for a week. You have made over a hundred jars. You have taken a dozen on the road (as home). You give them away to celebrate all that you have learned, all that you have bled and all that is still coming to let. There is no recipe, there is you and your hands, you and the land, you and the blood that has run and run and run.



# IN SEARCH OF HOPE: KARITON

AN INSTALLATION ABOUT THE GLOBAL SUPPLY CHAIN

VINES ART FESTIVAL 2022

BY MILDRED GERMAN

*"With complicated, entwined, and rich memories of 'home', 'migration', and 'survival' with uncertainty and limited means, and adding the notions of karton (in English, carton; also famous for Balikbayan Boxes) symbolizing the world economy, the supply chain, and the systemic racism in the global labour practices," artist Mildred Grace German describes her installation.*

**@the VINES Arts Festival**  
**August 12, 2022**  
**New Brighton Park**  
Musqueam, Squamish, and  
Tseil-Waututh Nations of  
the Coast Salish Territory  
**Friday**  
**6pm**  
For more info:  
[vinesartfestival.com](http://vinesartfestival.com)  
VANCOUVER, BC

**In Search of Hope:**

**Kariton,  
Karton,  
Cartoon!**

an installation  
about the supply chain  
by  
Mildred Grace German

**&**  
**August 13**  
**Trout Lake**  
**Saturday**  
**1:30pm**

**LAND**

**Carlos  
MIRAGER  
C.A.R.T.**  
(Contemporary Art,  
Repurposed & Textile)

# ITON, KARTON, CARTOON!

In March 2021, the 20,000 TEU (twenty-foot equivalent unit) container ship, Ever Given, blocked the Suez Canal. The gigantic ship was caught in a sandstorm and its operators lost control of the ship causing it to be wedged and stuck across the canal banks and waterways.

A 120-mile artificial waterway, the Suez Canal is one of the busiest waterways in the world. Located in Egypt, the Suez Canal also has been a hotbed for geopolitical conflict since it opened in 1869. Yet, Europe, Asia, and the Middle East rely heavily on this Canal to fasten transportation of goods, that its obstruction in 2021 reportedly caused severe negative impacts on international trade, with an estimated \$10 billion loss per day.

The Suez Canal crisis of 2021 ended after Ever Given, along with 422 vessels, were freed. This crisis not only highlighted the difficulties of hauling larger ships, but also how many nations are dependent on many non-local supplies, and that the delaying of shipped and imported goods could mean the death of many industries globally.

## IN SEARCH OF HOPE

As the shipping industry is responsible for the movement of 90% of our goods and of our industries, the essential and vital role of seafarers is often overlooked. Skilled seafarers are highly sought, yet industries and governments worldwide neglect to protect their rights.

I remember the 2021 news on the funeral services held in Halifax, N.S. for Jake

Marinduque, the 30-year old Filipino seaman who reportedly died of head, chest and spine injuries during a storm aboard the M/V Guilia on a stormy January 30, 2021. His widow, family members, and the Filipino community asked why the ship was not re-routed despite the turbulent weather and why the crewmen kept working despite bad weather conditions.

In 2021 as well, an online petition was started by the Filipino-Canadian group, the Victoria Filipino-Canadian Association (VFCA), to reach out for support and to demand justice for stranded and enslaved Filipino seafarers by Goundar Shipping in Fiji. The petition stated that Mr. George Goundar (the managing director of Goundar Shipping Limited in Fiji) was a former BC Ferries employee, and that his 'eponymous' shipping company has had several high profile business dealings in BC, including the sale of the Queen of Prince Rupert, Queen of Chilliwak, and most recently the Queen of Nanaimo.

Facing heavy storms, rough seas, high waters, and grinding isolation from being far away from families and communities is an ordinary occurrence and an expected experience of any seafarer as part of their job. However, violations of the Filipino seafarers' rights, including financial scams and human trafficking, are unacceptable, but rampant. There are over 10million overseas Filipino workers who are far away from their families and motherland, including seafarers. In fact, Filipinos dominate the seafaring industry and are hailed as top sailors and seafarers worldwide.

Despite contributions to the global economy and the near-death working conditions, as seafarers work out there in open waters of the far, dark, and wide oceans, bringing and transporting commodities from shore to shore, the many stories of the undignified job conditions of Filipino seafarers also pile up.

The Philippines is a major source of migrant labour for over 275 countries. Poverty, lack of access to medical care, violence against women and children, and corruption remain rampant in the country. Its economic, cultural, and political instability brought by 500+ years of colonization and wars by nearly 10 empire and imperial countries have also resulted in the natives of the archipelago the loss of their lands and livelihoods. Thus the forced migration of many Filipinos to work abroad fills job shortages internationally, including Canada's need for high skilled workers.

### **KARITON: PHILIPPINE-STYLE WOODEN CART**

I was once again reminded of the importance of 'kariton', the Philippine-style wooden cart when I visited the Philippines in 2019. Many have used kariton for business or trading purposes as these wooden carts can be transformed to stalls for food, fruit, and goods vending. In other ventures, there are people who use the kariton for fetching water, transporting farm animals, and for delivery services.

To think of it, wooden carts are environmentally-friendly. They do not require use of gasoline; they run by push or pull motion. Thus, they remain one of the most popular and most used means of transportation of goods, produce, water, grocery items, and many more other heavy items. The vitality of these wheeled innovations help millions worldwide. In addition to being a means of transportation, kariton also has become a place of home. Given the circumstances, many dwellers use karitons as tiny shelters, and a place to sleep. Due

to this use, the kariton has become a symbol of poverty, as the privileged can afford well-built homes, comfortable beds, and motor vehicles.

### **KARTON / CARTON / BALIK-BAYAN BOXES**

Karton (carton) is one of the cheapest building materials to find. The cardboard boxes, which have made their journey from places to places, are usually trashed and disposed of in recycling bins. They are often considered garbage after usage.

Cardboard boxes are also popular as a shipping material. In this modern time, deliveries often come in boxes. Either from an online store, produce store, or the pizza parlor, boxes protect food and commodities. Cardboards are light in weight and have a paper surface where sticker labels easily stick.

The popular 'Balikbayan Box' is one that is also known worldwide. As Filipinos work all over the world, they send balikbayan boxes to their families, loved ones, and communities in need in the Philippines. The balikbayan box has become a symbol of love and care of overseas Filipino workers who are far away from their families as they work abroad. These boxes are often filled with canned goods and non-perishable items as these well-packed boxes travel via freight container ships for many months before reaching the Philippine ports. Then after, these boxes have to be sorted out for door to door deliveries in the Philippine archipelago, which comprises about 7,641 islands.

Cardboards are also used as temporary shelter-like the wooden kariton. Many dwellers use the cardboard material as a mat to sleep on, and at times as blankets too. Cardboards are perfect for making shade and privacy walls. However when it rains, these cardboards get soaked and wet, and the paper material easily breaks down.



## CARTOON!

The comedy and irony of it all! The irony of colonization, forced migration, landlessness, poverty, disparity, disunity, and more...will there ever be a just and lasting peace?

From August 3-13, 2022, the VINES Art Festival held ten various art events in many parks and green spaces in the city. Marking its 8th year, its theme: "The Healing Power Of The Arts At Its Very Heart" gathered 100+ artists and community advocates and thousands of spectators at this year's VINES Art Festival.

The Opening Ceremonies were held on August 3rd at Stanley Park / Second Beach. Events were also held at Oppenheimer Park (August 4), Sunset Beach (August 5), Creekside Park (August 6), Hadden Park (August 9), Grandview Park (August 11), New Brighton Park (August 12), to the Prison Justice Day (August 10) and grand finale at Trout Lake (August 13).

According to vinesartfestival.com, VINES is "a community / professional arts organization and festival that is responsive to and nurturing of artists who are working toward land, water, and relational justice." Weeks before the Festival, a film screening of

Lake of Dreams was held on July 17, 2022 at the Djavad Mowafaghian Cinema at the Simon Fraser University (SFU) Goldcorp Centre for the Arts in Vancouver. Lake of Dreams is a series of eight residential schools survivors' and elders' stories curated by Nlaka'pamux Elder Mechelle Pierre. There were art installations too which were displayed at Grandview Park.

*Mildred Grace German is a Vancouver-based Filipino-Canadian multidisciplinary artist, writer, as well as a chef, residing on the unceded homelands of the xwməθkwəy'əm (Musqueam), Skwx-wú7mesh (Squamish), and səlihwətaʔ (Tsilil-Waututh) Nations of the Coast Salish Territory. In order to learn and understand the space that she is situated in, German practices with a variant in forms of creations.*

*In collaboration with Carlos, an avid carpenter and craftsman, and Richmond-based artist-group MIRAGER, a kariton (Philippine-style of wooden cart) was conceptualized, designed and built. It was hand-painted with themes of Land, Water, and Air - the different routes of migration.*

*German's "In Search of Hope: Kariton, Karton, Cartoon!" was exhibited on August 12, 2022 along the ports of Vancouver at the New Brighton Park, and at the VINES Art Festival's grand finale on August 13, 2022 at Trout Lake Park in Vancouver.*



# PHỞ STORIES

By  
Kai Yung

*Phở was a weekend staple during my high school years. My friends and I would slurp down flaming bowls of noodle-soup in any weather while trading funny stories from school. Phở also gives me vivid images of the stunning coastlines and the resolute people of Vietnam working in under the scorching sun that I witnessed while in Da Nang and Saigon during the most recent summer. Phở symbolizes joyous times with friends and my most memorable times in Asia. Due to my connection to the dish and its relevance in Vietnamese culture, I have chosen to highlight a restaurant that specializes in this dish, for my first article.*





*From the dining room window, customers are reminded of the new and modern.*



*Pho Duy stands on the South-West corner of Kingsway and Victoria Drive.*

Amidst the outbreak of modernity that is spreading throughout Vancouver, there is one intersection that is holding strong: Kingsway and Victoria Dr. The crossroads is surrounded by food establishments, notably, many of which are Vietnamese. The junction is one of several battlegrounds between modernity and tradition in Vancouver. On the North-East corner, stands a McDonald's and Tim Hortons. On the South-West, stands a Vietnamese joint: Pho Duy (pronounced: fuh zwee).

Pho Duy is known in the noodle-loving community to serve a solid bowl of pho or phở (as it is written in Vietnamese). Phở – a soul-warming bowl of rice noodles with soup, herbs, and meat – is the only food item on their menu. They champion two types of phở: phở gà (chicken phở) and phở bò (beef phở). Both versions of the dish are unlike other bowls of phở in the city as it contains cuts of the animals that are unusual to the Canadian palate; though it is reflective of the phở found in Vietnam.

When I first dined at Pho Duy, the hustle and bustle of the restaurant, simplicity of the menu but also the lack of a menu, reminded me of my time in Vietnam. In Vietnam, it is common to find phở stalls and restaurants that serve only a handful of dishes and to not have a physical menu. It is notably different from restaurants in Canada that serve a wide variety of dishes

that are advertised on a carefully laminated menu. As such, I thought it was fascinating that the owner was attempting to keep his restaurant 'true' to Vietnamese traditions. I later discovered that they used to have a larger menu but decided to downsize to reduce costs and to uncomplicate business operations.

Due to my fascination with the restaurant and to prepare for this article, I scheduled to return for an interview with the owner. Upon my return, the owner, unperturbed by our previous agreement, deferred the interview to his employees, where my questions were further delegated to the youngest worker who was later scolded for answering my questions. In light of the recent series of events, I left the restaurant restless as things didn't go my way. I also didn't get to the answers I wanted. These questions flooded my mind as I rode the bus up Victoria Drive: Why does this restaurant stand out from the other Vietnamese restaurants, what makes people keep coming back?

In 1995, Pho Duy was established and still remains as a neighbourhood staple and haven for older Vietnamese folks. The phở stays true to its roots, locked into tradition. The people won't falter to other's standards; they will unapologetically be themselves and do what's best for them.

The door opens, and the smell of bone broth and herbs disperses.

*Go get yourself some delicious phở and a Vietnamese iced coffee at Pho Duy, located at 1996 Kingsway, Vancouver, BC V5N 2S9.*

# ACTION AGAINST GLYPHOSATE!

BY JENNIFER COOLEY

## WE HAVE 1 PLANET TO PROTECT AND THAT SHOULD BE EVERY- ONE'S GOAL!

If we take care of our planet; our home, then it will naturally do the same and take care of us! And who wouldn't want that ideal & perfect world? Shouldn't we be wanting to give this kind of harmonious Great World as a gift to all future generations? Don't we LOVE those Future Generations enough to do this, do what is right for them too, not just what's convenient and suitable to our money making needs and schemes living in the world today?

So let's work together on taking action now, starting right here in our own backyards, communities, cities and local farming and guerilla gardening neighborhoods of Vancouver, B.C. & Beyond! Lets STOP GLYPHOSATE NOW & any other connecting types of spraying that has an impact on the future as

we know it as healthy humans living in this world and those future generations we should never stop thinking about! Because, that's our Family futures we are talking about!

It's time to build a [#PesticideFreeFuture!](https://www.intotheweedsimpact.com/take-action) Supported by notable Canadians and numerous health and environmental NGOs, filmmaker Jennifer Baichwal has submitted a parliamentary petition calling on the federal Minister of Health to (1) Ban the sale and use of glyphosate to protect human health and the environment; and (2) Develop a comprehensive plan to reduce overall pesticide use in Canada. So I invite you all to join in that fight with the same opportunity of signing the petition here at the following link below: together we can and will make change happen!! <https://www.intotheweedsimpact.com/take-action>

Now that you've done that, take a big bite out of all the work I've brought together for you here in one place and dig in for all the juicy stuff all done by the hard work of others to bring yourself up to date on the most recent past, current and near future events around the Action Against Glyphosate, our food, our health, butterflies and more! And be sure to support the Documentary work of filmmaker Jennifer Baichwal and follow her current and future touring dates through her links so that if she comes to Vancouver you can be sure not to miss it yourself! INTO THE WEEDS follows groundskeeper Dewayne "Lee" Johnson and his fight for justice against Monsanto (now Bayer). Johnson's case was the first to go to trial in a series of lawsuits involving tens of thousands of plaintiffs claiming Monsanto's weed killer Roundup, or its industrial counterpart Ranger Pro,

TAKE ACTION



contributed to their cancer. The film follows this groundbreaking trial, while also stepping back to consider the systemic Effects of the world's most widely used herbicide. <https://www.intotheweedsimpact.com/>

I'm very glad I got to write this follow up piece on what action has been taken since the previous article in our zine about about Glyphosate spraying and Indigenous Food Sovereignty, because it allowed me to find and share this new documentary and current work around this matter with all of you!

Just in time for the perfect way to end our year and how to appreciate the value of our winter Solstice and the purpose of ALL the seasons that take place and blessings and benefits for us around the world to cherish & enjoy, so long as we fight in the right direction in making sure we continue to have it and live in peace and unity with nature & the creator of all things together!

And we certainly do encourage you the readers to participate: please if you have something important and impactful that you feel needs to be shared, then by all means do so, we would LOVE to hear from you! That's A major part in why we are here, to help share the voices around these same issues that matter to us all and we will review & do our best to respond in follow up issues on those things that do fit with what we publish here in the Right to Food Zine!

## FOR YOUR INFORMATION: AKA FOOD FOR THOUGHT, LITERALLY!

*"The hideous impacts of glyphosate on the nation's most endangered species are impossible to ignore now," said Lori Ann Burd, environmental health director at the Center for Biological Diversity. "Glyphosate use is so widespread that even the EPA's notoriously industry-friendly pesticide office had to conclude that there are hardly any endangered species that can manage to evade its toxic impacts."*

Glyphosate is also widely used in fruit and vegetable production. Just review the statistics and the source of articles these stats are from and make an informed decision for yourself: <https://www.theguardian.com/us-news/2022/jul/09/weedkiller-glyphosate-cdc-study-urine-samples>

# 8.6 billion kilograms

of glyphosate were applied worldwide between 1974-2014 - [https://www.researchgate.net/publication/292944439\\_Trends\\_in\\_glyphosate\\_herbicide\\_use\\_in\\_the\\_United\\_States\\_and\\_globally](https://www.researchgate.net/publication/292944439_Trends_in_glyphosate_herbicide_use_in_the_United_States_and_globally)

# 93%

of species protected under the Endangered Species Act in the United States are likely to be injured or killed by glyphosate - <https://biologicaldiversity.org/w/news/press-releases/epa-finds-glyphosate-likely-injure-or-kill-93-endangered-species-2020-11-25/>

"As we prepare to feast on our favorite Holiday dishes, the ugly truth of how harmful industrial-scale agriculture has become in North America alone has never been more so apparent," said Burd. "If we want to stop the extinction of amazing creatures like monarch butterflies, we need the EPA to take action to stop the out-of-control spraying of deadly poisons."

Please go to the following Facebook page like the page and learn more about what has already been done and what part in all of this you can still be an impactful part of? Then go to the connecting website and make sure you look at the pictures there and watch the 3 minute video at the bottom of the website so you can see what the effects are like in spraying that stuff just once over a healthy area of forest and brush in 1 full year! Let us all then surely agree that this is not what we want! And remember to share everything here with everyone you know and love & encourage them to do the same!

<https://www.facebook.com/stopthespraybc/>  
<https://stopthespraybc.com/>

Thanks for reading Right to Food Zine and we will see you all back here for yet again another New Year just ahead over the nearby horizon! Happy Solstice everyone!

# My way to secure food for the winter months

BY HISAO ICHIKAWA

Every year I grow carrots, beets, burdocks, and Jerusalem artichokes. It is impossible to keep hundreds of lbs of root vegetables in the fridge until spring, so I bury them in the garden, covering them about 6 inches of soil over to protect them from freezing. They are happy staying in the same soil they are grown in, so they keep well until spring and I can eat them slowly throughout the winter.

I grow some squashes too and keep them in a cool place for the winter. There are two huge chestnut trees near here. The nuts fall on the streets and back allies, so I pick the nuts in the early morning before cars run over and flatten them. I freeze about 20 lbs or so every year and eat all year around.

I usually give half of my grapes away to my friends and with the rest I make wine in a very primitive way without any wine making kits. All I need are glass jars from 4 litres to 1 litre, plastic bags to cover and elastic bands to fasten the plastic bags to the jars, so air can come out without letting outside air go in.

Once I found 10 boxes of 2 litre apple juice in a dumpster and made apple cider in the same way as making wine by adding a bit of baking yeast. I drink homemade wine as a medicine in half a glass or less every day.

I consider food as medicine and medicine as food. Any very healthy food can turn into poison when we eat too much. Canada is one of the affluent countries in the world and we have abundant food, so many people are sick by eating too much food while in poor countries people are starving to death.

I like a peasantly lifestyle I used to lead in Japan. Everybody should learn to grow food, so we can bring back the respect for Mother Earth which our life depends on. She has been sick from the long colonial abuse and it is now we have to change our way of wasteful lifestyle to save the place for the new generations to come and all other living-beings.



# SENSORY CARE KITS: STORY & GUIDE

*actioning values through tangible means*

*Written by phin drummond*

Hives for Humanity's Sensory Care Kits have been slow-grown through lived experience & communal practices of reflection, witnessing, and moving into the future together.

We consider this future in different ways and we come together through aligned dreams with shared values:

**no one is disposable,  
all are welcome.**

We moved intentionally in pursuit of tangible ways that we as an organization and as individuals might work towards healing & disability justice. During 2022, our focus on disability justice has been embedded within pursuits of psychiatric liberation, autonomy, & healing for all. H4H works towards healing & disability justice through practices of on-going informed consent, community care through medicine sharing, low barrier experiential opportunities, and through empowering one another with access to tools & resources. This year, a material resource we grew was our Sensory Care Kits.

These kits include 5 Sensory Care Field Kits which have been built for H4H Staff to carry in gardens, apiaries, and other spaces. As well as 85 individual and eco-focused Sen-

sory Care Kits which we gifted in the DTES Community. We built all of these kits around our collective experience and knowledge with sensory respite, distress tolerance, and co-regulation. When building and preparing these kits, we considered organizational capacity as well as values of intertwining social & climate justice. Through this lens, we focused on populating these kits with eco-derived items. We understand the items chosen to offer access to self & collective care, tending to our senses, and equipping us with resources to share with others in gifting and in teaching.

We chose an eco-sensory focus to both share sensory care and with the intention to be less extractive towards the lands & waters which we live within. We are grateful to be here on unceded, ancestral, traditional, and shared lands of the Musqueam, Squamish, and Tsleil-Waututh peoples. In this sensory care work we consider how we might contribute sensory care as uninvited guests to this land and we work towards reciprocity with the land and plants who support us and our community.

In our process, we ask each other & we ask ourselves: how are we resourced? what are we resourced to offer? what do we have? what might we redistribute?

We are thankful for the opportunity to redistribute these kits to: H4H Community Mem-

bers and Gardeners, Megaphone Speaker's Bureau Advisory Committee, Western Aboriginal Harm Reduction Society (WARHS), Vancouver Area Network of Drug Users (VANDU), Binnars' Project, Indigenous Advisory Group at Carnegie Centre, Astoria Urban Farm V6A Garden collaborative (Dude's Club, WAFARI and DTES Neighbourhood House), and the Working Group on Indigenous Food Sovereignty.

Listed below are items we included in redistributed Sensory Care Kits with a corresponding sense.

Note: many of these items fall under more than one sense, which is why you see them duplicated; we acknowledge that this list is not comprehensive of all senses, experiences, or sensory uses of each item. We offer this as a starting place and gentle guide for you as you may assemble your own kits—to hold and to gift.

## SENSORY CARE KIT INVENTORY

### TASTE AND SMELL:

*Elderberry Oxymel*  
*Herbal Smoke Blend*  
*Beeswax Candle*  
*Salve/Lipbalm*

### TOUCH AND SEE:

*Garden of Care Zine*  
*Salve/Lipbalm*  
*Beeswax Candle*  
*Devil's Club Stim Bead*  
*Plant-dyed cotton bag*  
*Tobacco Pouch*

### FEEL AND FIDGET:

*Fireweed Seed Pack*  
*Plant-dyed cotton bag*  
*Devil's Club Stim Bead*  
*Herbal Smoke Blend*  
*Tobacco Pouch*

## COMMUNITY SENSORY CARE KIT ITEMS:

Photographed beside the locations in the Hastings Folk Garden which they were made with and from: elderberry oxymel with honey from the garden, fireweed seeds, and garden of care zine, rolled beeswax candle and lip balm beside the beehives, the full gift pack on the plant dyed cotton bag: propolis tincture with propolis from the honey bee hives.



# World Wonder

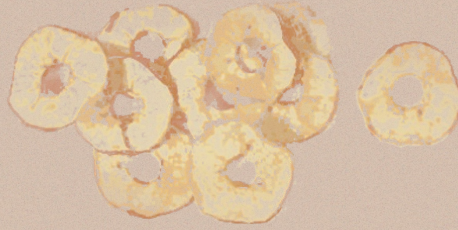
By John Betts

Art by Rémi Landry Yuan

Woe fully weeping world, who would waylay wantonly  
wasteful wicked wretched writhing willy weasels wanting what  
whom without would wither, waging wicked wars while wield-  
ing worldly weapons. What woe we wholly wrap without want.  
Watching waning will warping wheezing wishes, while wee  
wonderers wander wasted wilted wildernesses. Who with  
wisdom would we welcome, with what waxing will would we  
wage weighted wanted willful well wishes whilst wrecking  
wasteful weapons. Where would we welcome wholly women  
with wee wishers who wouldn't waste worry. What wonderfully  
whimsical world would we win, were words wondrous weap-  
ons, Wrought willingly with wisdom. Weighted with wishes  
wherein we would witness wonders.

# “FEED THE WORLD” CHALLENGE

BY SARAH BRADSHAW



The Enactus World Cup finals were held in Puerto Rico with 32 countries being represented by their national team. The goal of this competition was to inspire new projects of social, environmental, and economic importance.

Enactus Canada was successfully represented by our local Okanagan College team and their social enterprise, Unusually Good Food Co. (UGFC). The social enterprise was inspired by Enactus Okanagan College (OC) students who noticed large amounts of apples are wasted each year because they did not fit the “industry standard” and were left to rot in the farmer’s fields. These apples, with their smaller size, sunburned skin, blemishes and “not quite right” colour are perfectly edible...indeed tasty, and packed with nutrition. Orchards across Canada face this challenge with no outlet for their use.

The EnactusOC team worked alongside the North Okanagan Valley Gleaners to turn these “unusual apples” into healthy apple chips that have been distributed to local schools, food banks, and even Guatemala and Ukraine. Unusually Good has positively impacted over 22,000 students this year by giving them access to healthy, nutritious apple chips.

*Dried apples are a terrific snack for people with limited or no access to refrigeration as they keep for a very long time. They are easy to store and even easier to eat, becoming an immediate success with the children.*

Apple chips were just the beginning. The team then started looking for ways to make this initiative sustainable and turned their attention to two other products, apple juice and apple-scented candles made from their apple pomace byproduct, working towards a zero-waste, fully sustainable, social enterprise.

Using fruit fit for consumption that would have otherwise gone to waste gave EnactusOC the chance to feed those facing food insecurity by providing them with nutritious snacks. Unusually Good set the bar high in competition, having already won the Enactus Canada National Exposition back in September. The team made it to the Final 4 round of the competition alongside The United Kingdom, Tunisia, and this year’s winner, Ain Shams University representing Enactus Egypt. Given that there are over 2,500 Enactus teams from around the world, this was impressive for our local group of students. Perhaps 2023 will bring more innovative ways to redistribute food and solidify the Right to Food in every human life.

For their project of a multi-faceted approach to building small businesses and improving community life. They did make it to the final round of the contest. They shared the final round with Tunisia, United Kingdom and Egypt. Given that there were dozens of entries from all around the world this was impressive for our local group. Perhaps 2023 will bring more innovative ways to redistribute food and solidify the Right To Food in every human life.

[Enactus Okanagan College Website \(www.enactusoc.ca\)](http://www.enactusoc.ca)  
[Unusually Good Food Co. Website \(www.unusuallygood.ca\)](http://www.unusuallygood.ca)  
Instagram: @enactusoc  
Facebook: Enactus Okanagan College

As a community partner, we are deeply interested to hear from you and what you feel is important. Get in touch with us by emailing [rtfzine@gmail.com](mailto:rtfzine@gmail.com) or connect with us on Facebook or Instagram. We are our own media and completely volunteer-led.

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**All Skills & Exp Welcome**

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## COVER ARTIST BIO

**Diego Pacheco** is an interdisciplinary artist based out of Vancouver, B.C. They work in a range of mediums including drawing, painting, sculpture, photography, performance art and makeup. They received a BFA in Visual Arts in 2012 from Emily Carr University of Art and Design in Vancouver and have studied abroad at the École Nationale Supérieure des Beaux-arts de Lyon in France. They draw inspiration from the inherent creativity and interconnectedness of nature and the beauty of the endless organic forms that inhabit the earth. Through their art they seek to embody a message of reverence and remembrance of that which they hold sacred, by offering a glimpse into the unseen spirit that dwells within all physical matter.

Diego comes from a background of mixed heritage and cultural diversity. They feel a deep connection to their Mexican ancestry and the warmth and colour of this vibrant spiritual heartland. As an artist of ethnic origin they acknowledges the importance of reclaiming and preserving Indigenous cultural traditions and respecting their relationship and title to the land, recognizing that Indigenous peoples hold timeless teachings and a way of honouring life that can bring balance back to the earth. They are a strong supporter of Indigenous sovereignty and stand in solidarity with their ongoing efforts to protect their ancestral lands against the threats of destructive industrial practices.



*“Spring Spirit”* by Jolene Andrew, from the village of Witset people of the first village” (Northern British Columbia) I come from the Luksilyu Clan, Small Frog Clan, from The House of Many Eyes. My Grandfather was Alfred Mitchell, from Kispiox, and my Grandmother, Elizabeth Michell from Witset. I identify as Gitskan Witsuwit’en

Spring Spirit is a reminder to be free, letting the lines that we draw and spirit come through us, like the wisdom of the salmon finding it’s way home.

*Original painting Acrylic on 140lb mixed media paper, made in Coast Salish Territory December 2021*



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