

Jen Ri-Jikul Ro Ilo Delap Elementary School, Kilaaj 3

Ilōh ko Jen Atake in Jibul Eo **Recipes from Our Garden**

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Jen Ri-Jikul Ro Ilo Delap Elementary School, Kilaaj 3
by Delap Elementary School, Grade 3 Students

iṃ rikaki ro aer
with teachers

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kab ro jet rar jiban
and support from

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Jidrik Mel e Ikhjen SEED

About SEED



Book in iik in ej mōtan jermal ko an SEED: Successful Early Ecoliteracy Development, ej juōn project eo im ej bōk an jibañ jen ijo naetan Institute of Museum and Library Services. Ro rej bed ion jukjuk in bed eo Majuro im jermal ibben SEED ikijen project rej Delap Elementary School; Ra eo an Jikin Jelā Lōkljen; Alele Museum, Library, & National Archives; im Pacific Resources for Education & Learning (PREL).

Ilo aer jermal ibben SEED ikijien katōkini rijikuḷ kilen im wāwein ekkat ak lale atake ko, ri-jermal ro ion jukjuk in bed eo Majuro rej bareinwōt kajeon jibañ kawōnmanlōk rijikuḷ rein ilo kilaaj in Kajin Majōḷ im Kajin English. Rikaki kab rijermal ro mōtan SEED rar jermal ibben droon im tōle 60 rijikuḷ in Delap Elementary ilo level in kilaaj 3 bwe rijikuḷ rein ren bōk kunaer ilo ruo garden summer camp ko im katōk kilen im wāwein ekkat ak lale atake ko, bareinwōt iaḷ an katōk ko jet, ilowan jikuḷ iio eo 2014-2015.

This recipe book was created through SEED: Successful Early Ecoliteracy Development, a project generously funded through the Institute of Museum and Library Services. Project partners in Majuro include Delap Elementary School; the RMI Ministry of Education; Alele Museum, Library, & National Archives; and Pacific Resources for Education & Learning (PREL).

Through SEED, these community partners are working together to support student achievement in Marshallese and English Language Arts through garden-based learning. SEED teachers and partners worked with 60 grade 3 students at Delap Elementary, hosting two garden summer camps and integrating garden activities into learning tasks during the 2014-2015 school year.

Project in ej bōk an jibañ jen Institute of Museum and Library Services (LG-07-13-0326-13).

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Bao • Chicken



Jitu in Bao

Emma Raopo

Kein iiok ko

5 wid in quarter leg, kajidikdiki

5 wid in tōmato, kajidikdiki

4 eggplants, kajidikdiki

1 onion, kajidikdiki

3 pitāto, kajidikdik

3 kuwat in stewed tomato

Jejjo spinach, kajidikdiki

2 tebōljibuun in kalik powder

Kūriin biin amej ñe ejab juōn kuwat in kūriin biin

Kilen iiōk

Kōmat kōn juōn ainbat emman jōñan

Teiñi 2 quart in aibōj im boiļi

Im ñe ebuļūļūļ likit kalik powder eo im aolep kein iiōk ko ilo dren eo

Jab kijōr in kōjērbal spinach ko, likit ñan eliktata

Poktaki kein iiok ko ibben droon ñan ñe remat

Kiō lewaj spinach ko im kōmati

Chicken Stem

Emma Raopo

Ingredients

- 5 chicken leg quarters, cut into small pieces
- 5 tomatoes, cut in pieces
- 4 eggplants, cut in pieces
- 1 onion, cut in pieces
- 3 potatoes, cut in pieces
- 3 cans stewed tomatoes
- Some spinach, cut into pieces
- 2 tablespoons garlic powder
- Fresh green beans or one can of green beans

Directions

- Use a medium pot
- Fill the pot with 2 quarts. of water and boil
- When the water boils, put in garlic powder and add all the ingredients to the pot
- Save the spinach for last
- Stir ingredients until cooked
- Add the spinach and let it cook



Juub in Bao

Sina Rujke

Kein iiok ko

2 wid in quarter leg

2 kab in raij

3 ka||on in den

¼ kab in jo|

4 kuwat in mix vegetable

3 waini

1 kuwat in kūriin biin ñe ejab kūriin biin amej

Ajinomoto

Kilen iiōk

Teiñi juōn ainbat emman joñan kōn den, boi| im kōmate raij eo ie

Kōmate bao ko ilo ainbat eo

Ñe remat katuweki im kajidikdiki

Ñe emat raij eo jo|ok aolep kein iiōk ko ilowan ainbat eo (bar bao kajidikdik ko)

Kelel e

Likit jidik ajinomoto ie

Ñe emat ajej e im mōñā

Chicken Soup

Sina Rujke

Ingredients

2 chicken leg quarters

2 cups rice

3 gallons water

¼ cup salt

4 cans mixed vegetable

3 coconuts

1 cans of green beans or fresh green beans

Ajinomoto

Directions

Pour the water in the pot, boil it and cook the rice

Cook the chicken leg quarters in the pot

When it's cooked, then chop chicken

When the rice cooks, then put all the ingredients in the pot, including the chopped chicken

After that, mix in the coconut milk

Then put ajinomoto

When it is cooked, serve and eat



Bao Ramen

Cathlynn Saito

Kein iiok ko

1 pakij in ramen saporro

Jejjo kābij, kajidikdiki

Jejjo carrot, kajidikdiki

Jejjo onion, kajidikdiki

Bao

Den

Black peppa

Kilen iiōk

Kwaļe iṃ kajidikdiki bao eo

Kajidikdiki onion, kābij iṃ carrot ko

Tile den eo iṃ lutōki bao ko bwe ren kōmat

Kobaiki waj onion, kābij, iṃ carrot ko ñan den eo

Likit ramen eo

Likit jidik black peppa iṃ poktake



Chicken Ramen

Cathlynn Saito

Ingredients

1 package saporro noodles

A handful of cabbage, chopped

A handful of carrots, chopped

A handful of onions, chopped

Chicken

Water

Black pepper

Directions

Wash and cut the chicken

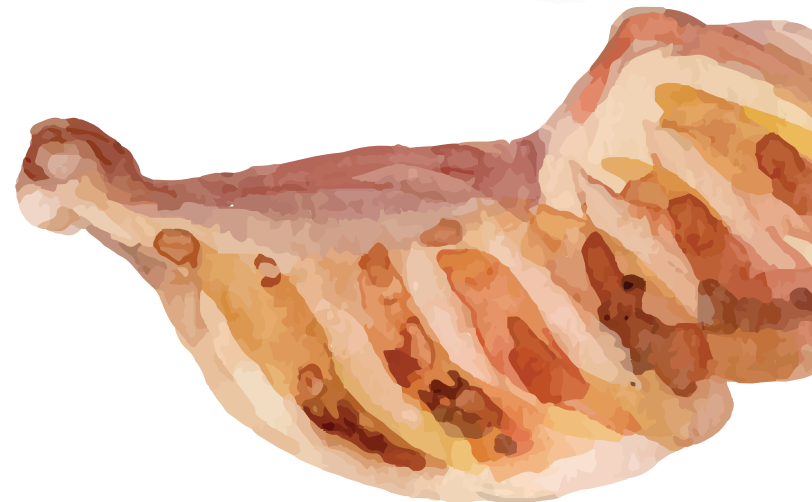
Cut the onion, cabbage, and carrots

Boil the water and add the chicken

Add onion, cabbage, and carrots to the water

Add noodles

Add black pepper and stir



Bao Taktake

John Bam

Kein iiook ko

Bao

1 kab in tōmato

½ kābij

Soy sauce

Jōl

Kilen iiōk

Kwaļ bao ko im kajikdikdiki

Kajidikdiki kābij im tōmato ko

Boilī bao ko im kobaiki waj kābij im tōmato ko

Poktake nan ñe emat im lutōk jidik soy sauce im jidik jōl



Chicken Teriyaki

John Bam

Ingredients

Chicken cutlets, cut and washed

1 cup tomato

½ cabbage

Soy sauce

Salt

Directions

Cut and wash the chicken cutlets

Chop the cabbage and the tomato

Boil the chicken and add cabbage and tomato

Stir until cooked and add a little soy sauce and salt



Jabao

Amselina Langinbelik

Kein iiok ko

2 wid in quarter leg

2 tōmato

½ kābij

2 pitāto

Jidik jōl

Magic sarap

Den

Kilen iiōk

Kwaļi iṃ kajidikdiki bao ko

Kwaļi iṃ kajidikdiki leen wōjke ko

Boiļi den eo iṃ likit bao ko ie

Kōmati bao ko iṃ ļok mat, lutōklak den eo iṃ kōkāāl e

Bar boiļi iṃ lutōk tok leen wōjke ko

Lutōk tok magic sarap eo iṃ jōl e jidik den eo

Chicken Soup

Amselina Langinbelik

Ingredients

2 chicken leg quarters

2 fresh tomato

½ cabbage

2 potatoes

Pinch of salt

Magic sarap seasoning packet

Water

Directions

Wash chicken and cut into small pieces

Wash and cut the vegetables

Boil the water and add the chicken

Boil until cooked and then drain

Add water and add the vegetables

Add the magic sarap seasoning with a little salt and stir



Kābif Bao

Bolenn Ruma

Kein iio̯k ko

1 kab in bao

1 kab in carrot

1 kab in biin

1 onion

Jidik jōl

Kūriij oil

Kilen iio̯k

Kwaļi iṃ kajidikdiki bao ko

Kajidikdiki leen wōjke ko

Lutōk jidik kūriij oil ilo būrein pan eo iṃ būrae ki bao ko

Kobaiki carrot, biin iṃ onion ko

Kwōmaroñ lutōk jidik jōl ñan joñan eṇ eṃṃan ibbaṃ

Cabbage with Chicken

Bolenn Ruma

Ingredients

1 cup chicken cutlets

1 cup carrots

1 cup beans

1 onion

Pinch of salt

Vegetable oil

Directions

Cut and wash the chicken

Cut the vegetables

Put oil in the pan and fry the chicken

Add cabbage, beans, and carrots

Add salt, optional or to taste





Jitu in Bao ibben Pitāto

Joni Kahawaii

Kein iiok ko

6 bao quarter leg

2 pitāto

1 kābij jiddik

2 kuwat in stewed tōmato

Den

Jidik jōl

Kilen iiōk

Kwaļi iṃ kajidikdiki bao ko

Kajidikdiki pitāto ko iṃ kābij eo

Boilī bao ko iṃ ñe eṃōj bar kōṃṃan den kāāl

Kobaiki waj stewed tōmato, kābij iṃ pitāto

Poktake iṃ likit jidik jōl



Chicken Stem with Potatoes

Joni Kahawaii

Ingredients

6 chicken leg quarters

2 potatoes

1 small cabbage

2 cans stewed tomato

Water

Pinch of salt

Directions

Wash and chop the chicken

Cut up the potato and cabbage

Boil the chicken and drain

Refill the pot with water

Add the stewed tomato, cabbage and potatoes

Stir and add a pinch of salt



Juub in leen Uōfke ibben Raij im Bao

Komi Jekkein

Kein iiok ko

2 kab in raij, emōj kwaļe

2 bao quarter leg, kajidikdiki

½ lettuce, kajidikdiki

½ kābij, kajidikdiki

5 kūriin biin, kajidikdiki

1 eggplant, kajidikdiki

½ tijibuun kalik joļ

½ tijibuun black peppa

Kilen iiōk

Likit raij eo ilo juōn ainbat in den bwe en kōmat

Ñe ebaak an mat lutōki waj bao ko

Kobaik waj lettuce, kūriin biin, kābij im eggplant ko

Kwōmaroñ lutōk waj kalik joļ eo im black peppa eo

Vegetable Soup with Rice and Chicken

Komi Jekkein

Ingredients

2 cups rice, washed

2 chicken leg quarters, chopped

½ lettuce, chopped

½ cabbage, chopped

5 green beans, chopped

1 eggplant, chopped

½ teaspoon garlic salt

½ teaspoon black pepper

Directions

In a pot of water, add rice and cook

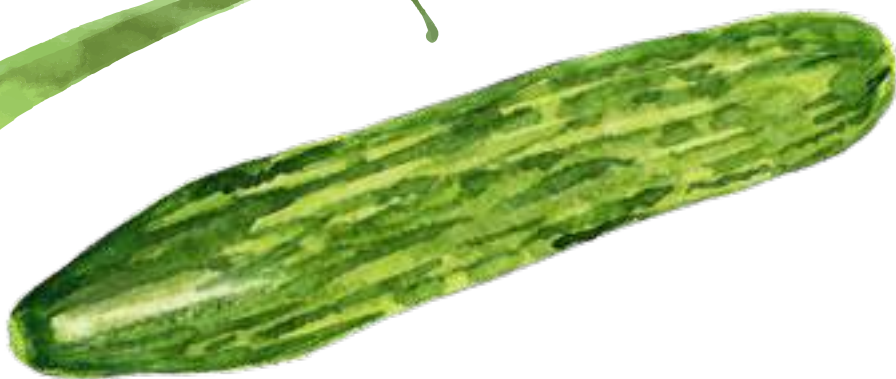
Then add the chicken

Add lettuce, green beans, cabbage, and eggplant

Add garlic salt and black pepper, optional or to taste



leen Utoifke • Vegetable



Burae Pokatak Bok Choy ibben Jinja in Kalik

Samuel Jibok

Kein iio ko

1 tebōljibuun in olib oil

2 kororo in kalik, kajidikdiki

1 tebōljibuun in jinja, kajidikdiki

8 kab in bok choy, kajidikdiki

2 tebōljibuun in reduced sodium soy sauce

Jol

Black peppa

Kilen iiōk

Kōmenen oil ilo juōn kein kōmat ekilep, en bwil en emman
joñan

Lewaj kalik in jinja in kōmati iumin 1 minit

Kobaik waj bok choy in soy-sauce

Kōmate mōñā in iumin 3 ñan 5 minit, mae ien leen wōjke ak
maroro ko relukun pidodo

Edjoñ ibben ak lewaj joñan jol in black peppa eo kwōkōnan



Stir Fried Bok Choy with Ginger and Garlic

Samuel Jibok

Ingredients

1 tablespoon olive oil

2 cloves garlic, minced

1 tablespoon ginger, minced

8 cups fresh bok choy, chopped

2 tablespoons reduced-sodium soy sauce

Salt

Black pepper

Directions

Heat oil in large skillet over medium heat

Add garlic and ginger and cook 1 minute

Add bok choy and soy sauce

Cook 3 to 5 minutes until green are wilted and stalks are
crisp-tender

Season to taste with salt and black pepper



Kūriin Biin ibben lep

Nyissa Enne

Kein iiok ko

5 kūriin biin

½ tebōljibuun in vegetable oil

3-4 lep

jidik jọl

jidik black peppa

Kilen iiōk

Kwaļe im kajidikdiki kūriin biin ko

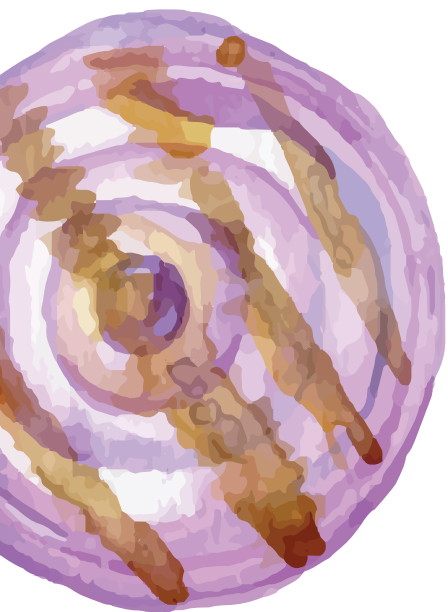
Rūbe lep ko ilowan juōn boļ im poktaki

Tile būrein pan eo im lutōke waj vegetable oil eo

Būrae ki kūriin biin ko ñan ñe remat im ọk mōj

Lutōke waj lep eo im poktake

Likit jidik jọl im black peppa



Beans with Egg

Nyissa Enne

Ingredients

5 green beans

½ tablespoon vegetable oil

3-4 eggs

Pinch of salt

Pinch of black pepper

Directions

Wash and cut up the beans

Break the eggs in a bowl and stir

Add the oil and heat up the pan

Fry the green beans until tender

Add the egg batter and stir

Add a pinch of salt and black pepper



Pitāto Jalōt

Benson Hemos

Kein iiok ko

10 pitāto

12 wid in lep boi

1 maionej, size medium

Jidik jō

Kilen iiōk

Kakkili iṃ boi pitāto ko

Boi lep ko iṃ kakkili

Kajidikdiki pitāto ko iṃ lep ko

Kakobaiki iṃ poktaki ilo juōn boi killep

Maionej e nān jōñan eo eṃṃan ibbaṃ

Jō e jidik



Potato Salad

Benson Hemos

Ingredients

10 potatoes

12 eggs, boiled

1 medium sized container mayonnaise

Pinch of salt

Directions

Peel and boil the potatoes

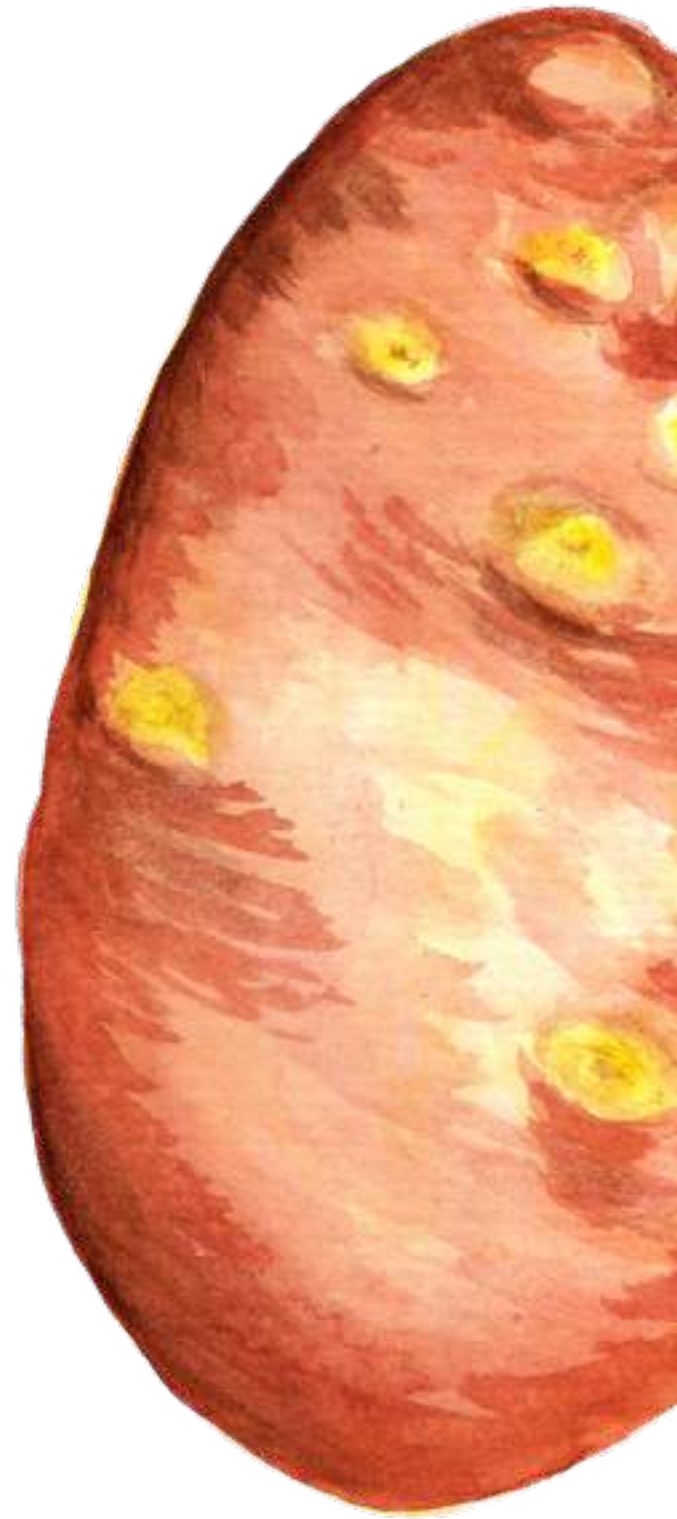
Boil the eggs and peel

Cut up the potato and eggs together

Mix in a big bowl

Add mayonnaise

Add a little salt



Fruit Kābij Jalōt

Abigail George

Kein iio̯k ko

1 kābij em̯man joñan

½ kābij biolet

4 kuwat in fruit cocktail

1 kuwat in milik tōñal

Kilen iiōk

Kajidikdiki kābij ko ibben droon

Lutōke waj fruit cocktail iṃ milik tōñal eo

Poktake iṃ ṃōñā



Fruit Coleslaw Salad

Abigail George

Ingredients

1 small cabbage

½ purple cabbage

4 cans fruit cocktail

1 can condensed milk

Directions

Cut up the cabbages together

Add the fruit cocktail and condensed milk

Stir and it's ready to eat



Kau • Beef



leen Wōfke ibben Hot Dogs

Jenitha Robinson

Kein iiok ko

1 kābij, kajidikdiki

2 onion, kajidikdiki

1 pitāto, kajidikdiki

1 pakij in hot dog

Kūriij oiļ

Ketjab

Kilen iiōk

Ñe ebwil būrein pan eo lutōk jidik kūriij oiļ

Kōmatte hot dog, kābij, onion iṃ pitāto kaṇ ibben droon ien
eṇ ebwil kūriij oiļ eṇ

Lutōk jidik ketjab iṃ poktake ñan re remat



Vegetables with Hot Dogs

Jenitha Robinson

Ingredients

1 cabbage, chopped

2 onion, chopped

1 potato, chopped

1 package hot dogs

Vegetable oil

Ketchup

Directions

Heat the fry pan and put some vegetable oil in it

When the fry pan is hot, cook the hot dogs, cabbage, onion, and potatoes all together in the fry pan

While cooking, add some ketchup and stir



Biin im Eggplant ibben Kau

Neina Johnes

Kein iiok ko

1 tijibuun in kūriij oil

5 kūriin biin (kwaḷi im kajidikdiki)

2 eggplant (kwaḷi im kajidikdiki)

3 wid in kau (kwaḷi im kajidikdiki)

Ketjab

Kalik jōl

Kilen iiōk

Lutōke kūriij oil eo ilo juōn būrein pan im būrae ki kau eo

Kakobaiki waj eggplant im kūriin biin eo im bar būrae ki

Lewaj jidik ketjab im kalik jōl



Bean and Eggplant with Beef

Neina Johnes

Ingredients

1 teaspoon vegetable oil

5 green beans, washed and chopped

2 eggplants, washed and chopped

3 pieces of beef, washed and chopped

Ketchup

Garlic salt

Directions

Pour oil in a pan and fry the meat first

Add eggplant and green beans with the meat

Add a little ketchup and garlic salt





Oyster Sauce ibben leen Wōfhe

Antorine Bationg

Kein iiok ko

1 kābij, kajidikdiki

6 wid in kūriin onion, kajidikdiki

8 wid in tōmato, kajidikdiki

6 wid in beļ peppa, kajidikdiki

Jelele

Kūriij oil

Kilen iiōk

Kōmenene būrein pan eo iṃ likit jidik kūriij oil

Likit aolep kabwebwen ṃōñā ko ilo būrein pan eo ñe emenen

Kwōmarṃ kōjērbal kau ñe ejab bar jelele ko jet

Kwōj make joññe joñan jelele eo kwōkōnan

Eliktata likit jidik oyster sauce

Oyster Sauce with Vegetables

Antorine Bationg

Ingredients

1 cabbage, cut in pieces

6 green onion, cut in pieces

8 tomatoes, cut in pieces

6 bell pepper, cut in pieces

Meat

Vegetable oil

Directions

Heat fry pan and put some vegetable oil

Put all the ingredients in the frying pan when its heated

You may cook with steak or any kinds of meat

You may put meat as much as you want

Lastly, put in some oyster sauce



Ek • Fish





Juub in Ek

Hope Lanwi

Kein iiok ko

1 ek, kakili im kareo ki

1 tijibuun jo!

1 tijibuun black peppa

1 tijibuun ajinomoto

1 kab in lettuce

1 kab in kuriin biin

1 kab in spinach

2 pitato, kakili im kajidikdiki

Kilen iiok

Mokta kwa! leen wōjke ko im kajidikdiki

Boil ek eo ilo juon ainbat, jenij dren eo im bar tile

Kobaiki leen wōjke ko nan dren eo

Karre ki waj jo!, black peppa im ajinomoto

Kotar an bulululul im kune

Fish Soup

Hope Lanwi

Ingredients

1 fish, cleaned and gutted

1 teaspoon salt

1 teaspoon black pepper

1 teaspoon ajinomoto

1 cup lettuce

1 cup green beans

1 cup spinach

2 potatoes, peeled and cut

Directions

First, wash all vegetables

Boil the fish in a pot with water

Add the vegetables together

Add salt, pepper, and ajinomoto

Wait for it to boil and turn off





Juub in Mā ibben Ek

Jenji Jeik

Kein iiok ko

1 kuwat in mackerel

1 mā amej

1 kab in kābij

1 eggplant

5 kūrīin biin

1 onion

Jidik jōl im black peppa

Kilen iiōk

Kajidikdiki mā eo

Kajidikdiki kābij, onion, eggplant im kūrīin biin ko

Rūbe kuwat in mackerel eo

Ṁokta kōmate mā eo n̄an n̄e emat

Kiō lutōk waj kābij, onion, eggplant, kūrīin biin, im mackerel
eo

Poktaki ibben droon im likit jidik jōl im black peppa

Fish Soup with Breadfruit

Jenji Jeik

Ingredients

1 can mackerel

1 breadfruit

1 cup cabbage

1 cup eggplant

5 green beans

1 onion

Pinch of salt and black pepper

Directions

Cut up the breadfruit

Cut the vegetables together

Open the can of mackerel

Cook the breadfruit until tender

Add vegetables and mackerel

Stir and add salt and black pepper

