

# Recipes For Community



Haley House Annual Newsletter 2018



16<sup>th</sup> ANNUAL BLOCK PARTY Saturday, June 1, 2019

MORE INFO + TICKETS [www.souperbowl11.bpt.me](http://www.souperbowl11.bpt.me)

SOUPER BOWL XI Sunday, February 10, 2019

SAVE THE DATES!

23 Dartmouth Street  
Boston, Massachusetts 02116

**HALEY HOUSE**



## Dear Friends,

This last year has been challenging in so many ways, with continued attacks on civil rights and social services, a shocking rise in violent acts, and troubling sentiments underlying both.

Our city is experiencing a very healthy economy, with some at the top living large, but many others struggling in ways that I have never seen before. Every day brings new challenges to the folks who are just trying to maintain and remain in our city.

As we reflected on this past year, we decided to share stories about people and projects that reflect how members of our community are responding to the challenges of our times with strength, creativity, and grace.

I'm struck by the range of traditions represented in the recipes and stories shared in this newsletter and the ways that food has the power to bring us together. Tom King offers a recipe for Fry Bread from his Native American tradition that he prepared for guests in the soup kitchen. Fulani Haynes shares a recipe that she inherited from her beloved grandmother Henrietta, an immigrant from Barbados, and she made her soup most recently from vegetables grown on the Haley House farm with students in her Take Back the Kitchen class. You will discover these and more as you read on.

If you tried to serve all of the recipes together, you'd come out with an eclectic meal, much like the meals served each day in our soup kitchen. Against all odds, somehow, it always works and there's always something for even the pickiest eaters.

We still face many challenges on the horizon, as a nation, city, and community. Breaking down the barriers that keep us apart is not easy and requires long-term commitment. The only hope we have to sustain and rebuild is through radical love and hospitality and relationships with our neighbors.

Thank you for sharing and participating in our vision for community. As you are able, we ask that you consider financially supporting the critical work of Haley House-- the need in our community and our world has never been more urgent.

Best,



Bing Broderick, Executive Director

## Year In Review

4 new people joined the live-in community

9 HH buildings provide more than 100 units of housing in the South End & Roxbury

426 volunteers pitched in at the farm

130 evening arts and culture events at HHBC

300 days meals were served at Haley House's soup kitchen at 23 Dartmouth

1508 pairs of socks given out in clothing room at 23 Dartmouth

3,339 lbs. of produce delivered to HHBC from Thornton Farm

8,285 chocolate chip cookies sold at HHBC



# A Thin Place: the Community Tables Experience

by Jim Fleming, SJ, Volunteer

Each Saturday evening, about thirty people gather at Haley House Bakery Café for Community Tables, a three-course gourmet meal (locally sourced, whenever possible) prepared by the talented Chef Ricardo Monroy and about ten volunteers. The incomparable Fulani Haynes dons one of her many Haley House hats and serves as the hostess for the evening, as she has since Community Tables' start in 2011.

Since the diners pay what they can for the meal, whole families are able to have a night out without breaking the bank. Although everyone gets the same meal, it is the youngest diners and their parents from whom I learn the most and with whom I have the most fun.

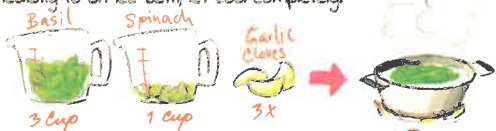
Although I've kept the stir-fry going some nights and done lots of dishes and mopping, my favorite role is waiting tables. Even during the hectic preparation and serving of the meal it's the kids who can slow me down. When I really need to get the tables cleared of the baby spinach salad with goat cheese and dried cranberries, one of the kids wants me to lean down so she can put a star sticker on my apron.



Hostess Fulani Haynes

## Basil Pesto

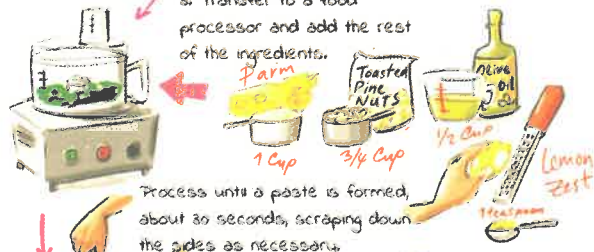
1. Blanch basil, spinach and garlic for 30 seconds. Drain and transfer immediately to an ice bath, let cool completely.



2. Drain the basil, spinach, and garlic and pat dry with paper towels.



3. Transfer to a food processor and add the rest of the ingredients.



4. Serve immediately, or store in a sealed container in the refrigerator for up to 5 days. Enjoy with your favorite pasta or as a spread.

I am reminded to notice the clever humanity that surrounds me and not only the soapy dishwater into which my arms can disappear.

I seldom laugh as much during the rest of the week as I do at Community Tables. It's one of those "thin places" in the world where the beauty of the universe pokes through - if I'm willing to notice - an experience that captures my attention by pulling me out of the ordinary routine and giving the mystery in life a chance to be heard, seen, and met.

Many of the diners return from week to week and greet each other with a happy glance. We pick up conversations where we left off. It's a dynamic place of proud smiles and doubts voiced. By sharing stories, we help each other withstand what the world sends our way. We talk about our families, our struggles, our dreams. We come to understand the power of the human soul - to know and to be known, to love and to be loved.

Every Saturday evening at 5pm, Community Tables offers a 3-course, made-from-scratch meal at Haley House Bakery Café. Volunteer crews assist our professional chef (generally Chef Ricardo, whose recipe is featured here). Diners are invited to "pay-what-you-can" for the meal.

To learn more, visit [haleyhouse.org/communitytables](http://haleyhouse.org/communitytables). Please join us!

## Rebuilding. Restoring. Repairing & Reconnecting

by Anna Pierce-Slive, Haley House's Farm Coordinator

Each day this past summer, nine local teenagers came together at the Haley House urban farm at 95 Thornton Street in Roxbury as part of the "Grow it. Cook it. Share it." program with Hawthorne Youth and Community Center. The program aims to help young leaders to learn to grow their own food, prepare creative, colorful, and nutritious meals for the community each week, and learn about the food system.

After the teens spent a few weeks developing their farming skills, a group from Harvard School of Public Health came to volunteer at the farm. Despite their impressive credentials, the visitors let the youth ambassadors take the lead. Those who normally hold a lot of power graciously stepped back and listened - really listened - to the freshest crop of change makers in our world, the youth ambassadors, as they shared their wisdom and perspectives. In just 2 hours, transformative relationships were forged.

Another day this season, we welcomed 40 affiliates of our ongoing partners from YouthBuild who were visiting from Brazil. Conversation was translated from English to Portuguese and back all day long as the group cleared brush, built trellises, and created a seating area for visitors. As the day ended,

the group chanted YouthBuild's motto: "I build, I serve, I am," echoing through the neighborhood.

So many people walk around today carrying trauma and pain, and have lost their connection to self, others, and the land. Contamination of our water, degradation of our soil, our changing climate, and continued oppression of people based on race, class, gender and other identities, are results of the denial of the connections between people, the earth, and each other. At the farm, we are working to restore these connections. We strive to build resilient connections that are restorative rather than destructive and that bond us to each other rather than further alienate us.

The underlying soil on the city plot where our farm is located is polluted with lead and arsenic. Annually, we work to build new, safe, nutrient-rich "soil communities" through compost production, mulching, cover cropping, and sustainable, soulful soil tending techniques. As the neighborhood around the farm continues to rapidly urbanize, we reintroduce native plant species, plant the historic Roxbury Russet apple tree, invite dozens of beneficial pollinators and insects back onto the land, and create a literal cool breeze of green on increasingly hot

summer days.

We have the power to reduce carbon emissions, clean our watersheds, reduce input into landfills, rebuild topsoil and ensure everyone has access to nutritious food while tending to the earth with regenerative farming practices. At the farm, we are fighting for the transformation of our world into one that is environmentally resilient, socially just, and relationally rich.

We hope you'll join us! Contact Anna ([farm@haleyhouse.org](mailto:farm@haleyhouse.org)) to learn more or get involved.



### fulani's FARM FRESH SOUP



A treasured, delicious, healthy recipe passed along from Fulani's grandmother, Henrietta

Lacinato Kale or Collard Greens  
Broccoli  
Shallots  
Celery  
Fresh Thyme  
Fresh Ginger  
Japanese Sweet Potato (Purple)  
String Beans  
Red Onion

Red Kidney Beans (soaked overnight, or canned beans, rinsed thoroughly)  
Bay Leaf  
Sea Salt  
Red Pepper Flakes  
Curry Powder  
Light Extra Virgin Olive Oil  
Coconut Milk (4 cans, best quality)

Make vegetable stock by boiling stems of kale (or collards), broccoli stems, and bay leaf in water. On the side, sauté shallots, celery, and fresh thyme in olive oil. Put aside. Peel a knob of ginger the size of your thumb, cut into cubes, and add to the stock. Peel sweet potatoes and chop into large chunks (approx. the size of limes), and boil in the stock until they are almost soft. Once almost soft, remove sweet potatoes. Mash a few pieces, and then return mashed parts to stock. Save a few pieces to add back as chunks at the end. Add string beans (cut into 1" pieces). Add in the sautéed mixture and the leafy greens. Let it boil up and down. Once greens are tender, add slices of red onion. Add red beans, sea salt, red pepper flakes, and curry. Cover pot and simmer for about an hour, until everything is soft. Add coconut milk, chunks of sweet potatoes, and broccoli crowns and let sit until it simmers all together. Enjoy!

# Big Meals & Moments of Calm

by Andy Bloniarz & the Live-In Community

One might think that after arriving at the soup kitchen at 5:30 am and preparing and cleaning up a meal for more than 100 people that everyone would be rushing to get out the door and on with their life as soon as the last dish has been washed. Surprisingly, at Haley House, that's not the case.

After the dishes have all been put away and the floors mopped, the whole crew: live-in community members, volunteers, and a few guests sit down for a short reflection. We always start with a question, either related to the morning shift or something more broad like "what makes it hard for you to ask for help when you need it?" or simply "what's the best meal you've ever had?"

Hearing what people of different ages, genders, and backgrounds have to say in response to these questions, and having the opportunity to reflect myself, is always a highlight of my day. I often find myself thinking back to what someone shared as I move about the remainder of my week.

While I'd love to share some of the stories of our volunteers' and guests' favorite meals, we decided instead to compile some recipes from current members of the live-in community, in case you find yourself in pinch and need to prepare a healthy, hearty meal for 100 of your closest friends in an hour and a half!

## Imma's magic turkey meatballs



Preheat oven to 375°F.  
Get out the BIGGEST metal mixing bowl you can find and toss together as much ground turkey as you have in the house!  
Dice onions and carrots, then boil the carrots to soften.  
Mix together onions, boiled carrots, bread crumbs, eggs, salt, pepper, and oregano.  
Clean up tip: line large baking sheets with parchment paper to minimize caked-on gunk!  
Form the meat, vegetable, and spice mixture into balls (~1.5" diameter) and place on baking sheet and into oven.  
Cook until the internal temperature of the meatballs holds 165°F for 15 seconds. Enjoy!

## DINNER FOR 100

### Maya's magic apple crisps



Grab your apple corer and get slicing, because you are going to need a lot of apples! Core about 20 lbs apples and pop them in the biggest walled dish you have!  
Mix in spices (cinnamon and brown sugar are great choices) and squeeze lemon on top for some extra punch!  
Next, make the topping: 1 lb. butter, 2 cups flour, 2 cups oats, 1 cup brown sugar, 1 cup white sugar and a whole lotta cinnamon and nutmeg.  
Stick it in the oven at 375°F until the apples start bubbling and some liquid builds up.  
Serve with a dollop of vanilla ice cream for a guaranteed smile from each and every guest at your dinner party!

### Harriet's secret vegetable sauté



At the risk of spoiling the surprise, the 'secret' is that the ingredients change each time you make it!  
Dive into your food storage area and pick whatever vegetables you can find: zucchini, eggplant, bell peppers, and onions make a great mix!  
Carefully chop vegetables into small cubes (~1").  
Place a large, wide pan on the stove, turn heat to high, and cover the bottom with oil.  
Once oil is hot, begin adding the vegetable mixture and stir frequently.  
Add oil as necessary, and season with oregano, salt, and pepper for a subtle but flavorful kick!  
Serve once all of the vegetables are nice and soft.

# Artists in Residence



Nina LaNegra at AiLi Live in March 2018

**Nina LaNegra** is a long-time Roxbury resident who first came to Haley House through the Bakery Café. She recalls her first visit in 2005, curious about the new restaurant promising to cook without “grease.” As she pressed her nose against the glass on the front door and peered into the empty space with blank brick walls, she saw something that many artists see when presented with a blank surface: potential.

Soon after the bakery opened, Nina’s experimental art lab, AiLi Live (Art is Life itself!) came to fruition. Beginning as a weekly evening arts and culture event at the Bakery Café, Nina’s project exposed folks to creativity and community in a holistic fashion. People of all ages from different backgrounds were invited to participate in dialogue that focused on art, food, culture, spirituality, and other pressing topics.

AiLi Live’s concept grew out of a tradition that Nina grew up with, where people gathered around the kitchen table for a meal and to discuss the topics of the day (“kitchen table politics,” according to Nina). In its 13 years of existence, AiLi Live has gained traction through word of mouth and has welcomed visitors from Mozambique to the Netherlands. It currently takes place every third Thursday of the month (7-10 pm). In addition to her role as convener of AiLi Live, Nina has been a member of the live-in community, a resident manager of one of our SRO housing buildings, and resident at John Leary House.

**Tom King** was raised in Killeen, Texas and moved to Cambridge in 1984. The day after Boston was on lock-down in search of the Marathon bombing suspects, Tom got into an accident on his way to work as a ceramics teacher. It left him with four broken ribs and a separated shoulder. After being denied disability and facing other challenges related to the accident, Tom found himself living in shelters throughout Boston.

In 2013, Tom met a man from Kenya named Brian who recommended Haley House to him because they served good coffee. Soon thereafter, Tom got in the daily morning habit of making the four-mile trek from the shelter where he was staying to Haley House for breakfast, regularly jumping in to help wash dishes. Coming from a Native American family with a strong culture of service, he felt compelled to give something in return for his meal.

Tom liked that there were no metal detectors, institutional wares, or drugs present at Haley House, only the guideline of being respectful to all. And most of all, Tom was grateful for the friendships he formed with members of

the live-in community and other volunteers. He also loved the opportunity to talk about food and share typical Native American recipes from his childhood (like his recipe for Fry Bread, at right).

Through the support of Haley House and other organizations like Common Art and St. Francis House, Tom found ways to begin to make art and teach again, but his living situation continued to remain precarious. Right as things were becoming intolerable, a spot opened up for Tom in one of Haley House’s affordable housing units, where he lives now.

Tom’s artwork has been featured at local art venues, including the Italian Contemporary Art Gallery in the South End and Brookline Booksmith. This fall, Tom’s work was displayed on the walls at Haley House Bakery Café, along with the art of a recently deceased long-time resident of Haley House, John Paul Bednar. Some of Tom’s sculptures are based on a Van Morrison song called “ballerina,” and portray what Tom praises as “the poise and grace” of the members of the live-in community during soup kitchen shifts.



## Discovering New Talents

### The Baking Team at Haley House

If you look closely at the concrete sidewalk at the corner of Dartmouth and Montgomery Streets you'll be able to see where someone carefully inscribed "The Bakery at Haley House" to mark the first location of Haley House's retail bakery in the 1990s.

What began as a small side project of guests and neighbors of the soup kitchen has steadily grown to become a central part of Haley House's identity. Since 2005, the bakery has been located at 12 Dade Street (Haley House Bakery



Members of the HHBC Baking Team

Café, Roxbury). Today's baking team produces hundreds of intricate baked goods from scratch for the café, catering, and wholesale each week, rivaling any other professional bakery in skill and quality.

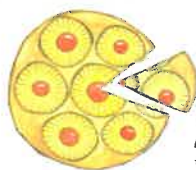
Naun Rivera, a professionally trained baker, began at Haley House five years ago. "I came in for the interview, and almost wasn't hired! I had been baking for many years, but I didn't have much familiarity with the mission." These days, Naun manages the bakery and wholesale departments at Haley House, and is responsible for training new team members as bakers and about the mission.

Bettina Woicke Scemama, also a professionally trained baker, began volunteering at Haley House six years ago, after visiting as a chaperone for a class trip with her son. After a year, she was asked to join the staff, and now helps to develop recipes and train new team members, using her 25 years of experience as a pastry chef and teacher.

"Food is the great unifier for people of all different backgrounds" said Bettina. This is true of the baking team itself, which brings together people from many different countries, experiences, and backgrounds. The team changes with some regularity, often welcoming new members from the Transitional Employment Program when someone shows a knack or excitement for baking.

"My favorite thing is when I get to help someone discover a gift for baking they never knew they had," shared Bettina. Take Keith Gray, a recent graduate of the Transitional Employment Program, who now single-handedly manages the late-night baking for wholesale. "He's so organized, careful, and hard-working. We don't know what we'd do without him."

If you haven't ever tasted the handiwork of this amazing team, stop by the café and grab a delicious scone or bag of coconut shortbread cookies. If you're lucky, you might get to sample one of their rotating special treats: perfect buttery croissants (Bettina and Naun's favorite recipe to make!) or Sokly Touch's pineapple upside down cake (see recipe). You won't be disappointed.



## Sokly's pineapple upside-down cake

\*This recipe was scaled down from the original (yield 10 lbs!), so some adjustments may need to be made. The glaze and cake are made separately.

### Cake Ingredients:

5 cups cake flour	5 eggs, beaten
3 ¼ tsp. baking powder	1 ¾ cups milk
¾ Tbsp. salt	1 tsp. vanilla
1 ¾ cups butter	¾ tsp. coconut extract
2 ⅔ cups sugar	2 ½ cups shredded coconut

Sift flour, baking powder and salt together.

Beat butter until creamy, add sugar, beat on medium until pale and fluffy. Slowly fold eggs into butter and sugar mixture.

In separate bowl, mix milk, vanilla, and coconut extracts.

Alternate adding flour and liquid mixtures into batter, mix well. Then fold in shredded coconut.

### Assembly:

Preheat oven to 325°. Pour glaze into walled baking pan (about ½ inch). Carefully place slices of pineapple onto the pan (snugly). Carefully add batter. Bake for 25 minutes, or until toothpick comes out clean. Let sit for 5 minutes, then carefully and quickly flip onto serving platter. Enjoy!

### Glaze Ingredients:

2 cups brown sugar  
1 ¼ cup sugar  
4 cups butter  
4 tsp. salt  
1 ¾ cups agave  
1 Tbsp. vanilla

Cream butter, salt, and sugars on low speed, until just combined.

Increase speed to medium and whip until fluffy, then add vanilla and agave. Let sit at room temperature.

# Get Involved

No matter who you are or what you have on your plate, there's always another seat at our table. Come serve with us and be served! Here's how:

## Lend a Hand:

- **Join us for a volunteer shift** at our soup kitchen, urban farm, or Bakery Café ([haleyhouse.org/volunteer](http://haleyhouse.org/volunteer))
- **Organize an in-kind donations drive** for our most-needed items ([haleyhouse.org/give/in-kind](http://haleyhouse.org/give/in-kind))

## Follow Us:



## Fund our Impact:

- **Monthly gifts** (\$30, \$50, \$100+) ensure we can sustain our daily operations throughout the year, even when the demand is high and giving is low
- **Matching gifts** double your money and your impact; ask your employer about a matching program
- **Planned gifts** ensure you leave a legacy of service in your will and make your mark on the history of Haley House

## Join Us Everyday:

- **Dine at the Bakery Café** in Dudley Square and get to know our hard-working employees (12 Dade Street, Roxbury)
- **Let us cater** your workplace or private events to enjoy great food for a great cause ([haleyhouse.org/catering](http://haleyhouse.org/catering))
- **Attend our arts & cultural events** at the Bakery Café



**Special thanks to all who contributed to this newsletter:** Andrew Bloniarz, Mary Lou Bozza, Bing Broderick, Ciaran Crawley, Maya Ellis, Mattaya Fitts, Jim Fleming, SJ, Fulani Haynes, Inmaculada Hernandez, Tom King, Nina LaNegra, Veronika (Ting Yao) Lin, Harriet Lindeman, MassArt's Center for Art and Community Partnerships, Ricardo Monroy, Anna Pierce-Slive, Rachel Rimm, Naun Rivera, Bettina Woicke Scemama, and Sokly Touch, and the whole Haley House community!