



United Pacific Islanders' Corporation Micronesian Food Fair

ACKNOWLEDGEMENTS

The United Pacific Islanders' Corporation 2009 Micronesian Food Fair would not be possible without the generous help and support of so many people. We offer our sincere thanks to all of them—our organizers, food demonstrators, performers, and everyone who loaned us equipment, movies, canopies, tables, pickup trucks, supplies, prizes and gift bags, discounts, media coverage, flowers and fruit. We thank our vendors, University of Guam students, Gill-Baza youth group, and our many community partners for their time, talent and resources. We especially welcome and thank our visitors to the Gill-Baza subdivision, and we look forward to future efforts to bring people together to celebrate our diverse cultures found here on the beautiful island of Guam.

July 11-12
Gill-Baza Subdivision, Yigo, Guam



Kam-Magar
Kommol
Si Yu'us Ma'ase

Kinnisow Chapur
Mereng a Saul
Thank You

Kulo Na Ma Lulap
Kalahngan Menlau



BACKGROUND

The United Pacific Islanders' Corporation (UPIC) is hosting its first Micronesian Food Fair, in collaboration with University of Guam faculty and the Center for Pacific Island Studies (CPIS) at the University of Hawaii at Manoa and with the help of other local organizations and individuals. The fair was initiated by the members of UPIC with the assistance of Dr. Lola Quan-Bautista, an assistant professor at CPIS and longtime advocate for UPIC.

The overarching goal of the Micronesian Food Fair is to highlight the diversity and rich cultural traditions of Micronesia in the production and celebration of food. Through displays, demonstrations and performances, the food fair brings together different audiences from throughout the entire island community to visit the subdivision and to engage in cross-cultural exchanges. The fair also showcases the positive contributions of Micronesian communities on Guam.

Activities related to the fair began June 27 and July 3 with free movie nights at the subdivision by UOG Sociology students and a blood pressure/immunization health screening by UOG Nursing School students June 27, July 3 and July 10.

WHO WE ARE

UPIC is a nonprofit organization comprised of residents from the Gill-Baza subdivision in the village of Yigo, Guam. Originally formed in 2006 to address community needs of the subdivision, UPIC has expanded its efforts to network with other local and regional organizations to increase awareness of and find ways to work through issues that affect Micronesians residing on Guam.

UPIC strives to meet the needs of the Gill-Baza subdivision, which includes 33 individual households made up of nearly 300 people. The needs of the community are many and varied, from adequate infrastructure to health care, to cultural and social adaptation, as well as safe access in and out of the subdivision. UPIC continues to work within the local court system and with the village mayor's office to improve the infrastructure of the subdivision. The result is a vibrant and active community which has the potential to serve as a model for other migrant enclave communities on Guam and the Pacific region.

For more information about UPIC, contact:
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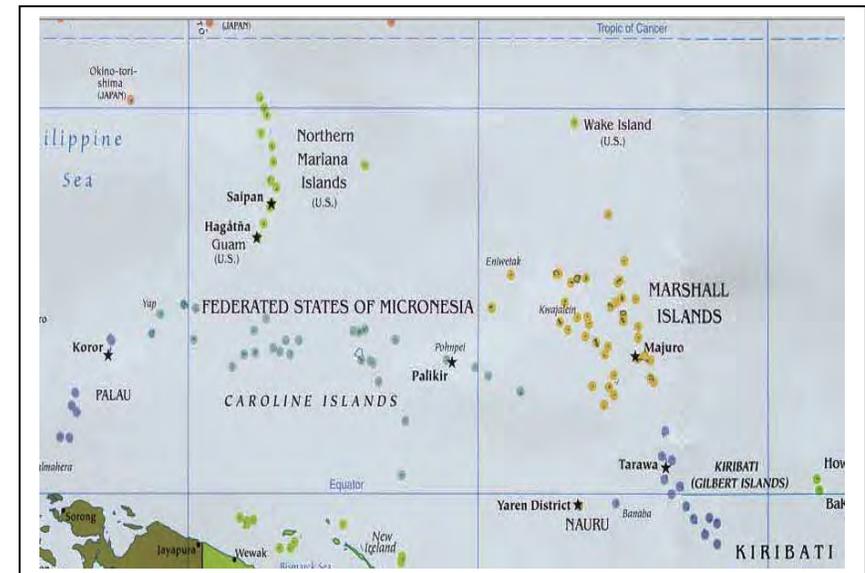
**Hafa Adia! Mogethin! Ran Annim!
Lwen Wo! Yokwe! Iorosku! Kaselehlia!!**

WELCOME to the MICRONESIAN FOOD FAIR!!

July 11-12, 2009

2:00 pm to 7:00 pm

Gill-Baza Subdivision, Yigo, Guam



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SCHEDULE OF EVENTS

Saturday, July 11

- 2:00-2:15** **OPENING**
Guam Hymn, FSM National Anthem
Prayer/Opening Chant
Welcoming Remarks—Stan Yanfag, President, United Pacific Islanders' Corporation (UPIC)
- 2:15-3:00** Chamorro Food Demonstration and Displays
UOG Summer Session Chamorro Language Class
Rosalina Cabrera, Gill-Baza
UH Manoa Center for Pacific Islands Studies Students
Guam Museum photo exhibit
- 2:30** Children's Game
- 3:00-4:00** Pohnpeian and Yapese Food Demonstrations
Silihna Fred, Gill-Baza
Pohnpeian Association
- 3:30** Children's Game
- 4:00-5:00** Chuukese Food Demonstrations and Performances
Gill-Baza residents
Breadfruit pounding/Banana grinding
Chuukese songs and dances
- 4:30** Children's Game/Adult Contest
- 5:00-6:00** Palauan Food Demonstration
Uida Martin
- 5:30** Children's Game/Adult Contest
- 6:00-7:00** Marshallese Food Demonstrations

*Prizes courtesy of KGTU Guam (PBS) and UPIC

KADON PIKA (Chamorro)
(Rosalina Cabrera)

Ingredients:

- 1 whole chicken cut in small pieces
- 1 cup water
- 1/3 cup vinegar
- 1/3 cup soy sauce
- 1 med. onion (chopped)
- 3-6 hot peppers (donne')
- 1 tsp. Black pepper
- 1 tsp. garlic powder or crushed fresh garlic
- Ajinomoto to taste
- Green Onion (for garnish)



Combine the water, vinegar, soy sauce, black pepper, garlic and hot peppers in a bowl-stirred and set aside.
Brown the onion in a large frying pan with cooking oil.
Add chicken and cook on medium heat until brown in color, then add the other ingredients.
Cook at high heat until it comes to a boil, then turn down the heat to medium until fully cooked.
Serve over hot rice and enjoy.

MOSIYAS (Chamorro)

Ingredients:

- | | |
|-------------------|-----------------------|
| Chicken | Lemon juice |
| Pumpkin tips | Salt and Black Pepper |
| Wild Tomato tips | Green onion |
| Hot pepper leaves | Fresh mint leaves |
| Hot pepper | |

Chop the liver and gizzard of a chicken and grind together with some of the other chicken meat (such as the breast or thigh). Coarsely chop the pumpkin tips, tomato tips, pepper leaves and green onion and mix with the ground chicken. Season with salt and black pepper, mint leaf, lemon juice and crushed red pepper to taste. Form into small serving size and wrap in foil and steam over boiling water. Serve with titiyas, bananas, breadfruit, or taro as a side.

SAIPUK (Pohnpei) Silihna Fred

Ingredients:
Breadfruit
Coconut milk
Water
Sugar



Peel breadfruit, removing skin. Place breadfruit in pot, cover with water and bring water to boil. When breadfruit is almost cooked, add coconut milk and sugar and allow to cook until breadfruit is soft.

BANANAS in COCONUT MILK

Ingredients:
Cooking bananas
Coconut milk
Water
Sugar

Remove skin from bananas. Place peeled bananas in pot with water and bring water to boil. When bananas are almost cooked, add coconut milk and sugar to taste, and allow to cook until bananas are soft



“I learned to make this when I was in elementary school from my mom who was a very good cook with local food. She would make food for sale or for donations. She was really good at cooking food.”

Sunday, July 12

2:00-2:15	OPENING Guam Hymn, FSM National Anthem Prayer/Opening Chant Welcoming Remarks—Stan Yanfağ, President, United Pacific Islanders' Corporation (UPIC)
2:15-3:00	Pohnpeian and Yapese Food Demonstration and Displays Pohnpeian Association and Gill-Baza residents
2:30	Children's Game
3:00-4:00	Chamorro Food Demonstrations UOG Summer Session Chamorro Language Class UH Manoa CPIS students Guam Museum photo exhibit
3:30	Children's Game/Adult Contest
4:00-5:00	Chuukese Food Demonstrations and Performances Gill-Baza residents Breadfruit pounding/banana grinding Chuukese songs and dances
4:30	Children's Game
5:00-6:00	Palauan Food Demonstration
5:30	Children's Game/Adult Contest
6:00-7:00	Marshallese Food Demonstrations
7:00	CLOSING

ACTIVITIES AND PERFORMANCES:

- New Generation youth group dances
- Chuukese traditional songs and dances
- Children's Corner—Coconut Painting and Storytelling
- Children's games and contests
- Basket and mwarmwar weaving contests and demonstrations
- Coconut husking and grating contests
- Movie Kiosk with selection of Micronesia/Pacific-Islander related films and discussions
- Micronesian arts and crafts displays and sales
- Free Micronesian food samples
- Food and drink sales



Tapioca

DIOKANG (Palau) Vida Mtoched

Ingredients:
Tapioca
Brown Sugar or White Sugar
Cinnamon
Coconut leaves with string

Clean and peel and wash the tapioca thoroughly. Set a pot with water to boil. With a grinder or grater, grind the tapioca. Add either white or brown sugar and cinnamon to taste. Wrap the mixture in coconut leaves and tie with string. Place the Diokang into the boiling water and cook for 1 ½ hours.

CHELSEKL EL DIOKANG

Ingredients:
Tapioca
Sugar
Coconut milk

Grind peeled and washed tapioca. Add sugar. Roll into balls and place on a baking sheet for the oven, or on an open grill. Cook until blackened. Lay the balls in a deep container and add coconut milk.

“I remember when I eat (chelsekl) that my grandma would make, she always says to me, ‘Stop eating! We still have to make a lot!’ Hopefully, it’s good (what I make today).”

Welcome to the Micronesian Food Fair! Nothing brings people together better than the sharing of food. Indeed, food is important in most cultural exchanges and interactions. We hope you enjoy your visit to the fair and that you will have a chance to sample some of the unique foods of Micronesia.

The residents of Gill-Baza come from all over the region and represent a small part of the larger population of Micronesians, such as Chuukese, Yapese, Pohnpeian, Kosraean, Marshallese and i-Kiribati that have moved to Guam over the years. In spite of our differences we have much in common. Many Micronesian dishes use a variety of foods and cooking methods. However, coconuts, taro, tapioca, breadfruit, bananas, yams, mangoes and other fruits, as well as fish, shellfish and chicken, are very commonly used among the different island groups. Some food also may have symbolic meanings, and in some cultures there are celebrations that are focused around the seasonality of certain types of food.

This fair will take you to our different islands and highlight our shared love of food. From our new home island of Guam among the Chamorro people, we ask you to join us!

COCONUT CANDY UOG CM102 Chamorro Class Students



Ingredients:
Coconut
Sugar

Grate coconut. In a pan over low heat, add sugar and lightly caramelize. Add in grated coconut and stir, gradually coating the coconut with the sugar. Remove from heat and let cool slightly. With a spoon or with your fingers, scoop out a small portion and roll into a ball. Set aside to cool.

KON (Chuuk)

Ingredients:
Breadfruit
Water
Coconut milk

This traditional Chuukese dish is one of the most well-known dishes in Micronesia. Usually prepared by men, a large quantity of breadfruit is peeled and washed and placed in a large pot filled with water. The container is then placed over an open flame and allowed to boil. The breadfruit is cooked until soft. Then, it is removed from the water and placed on a platform, *nif*, and pounded with a *po* (*pō*). Coconut milk is added and then the pounded breadfruit is wrapped in leaves. Women also make a variation of *kon*, but in much smaller amounts, usually for individual household use, adding coconut milk or leaving it plain. *Kon* is usually eaten as a main dish, or with fish or any kind of meat.



Sour Sop and mangoes



Breadfruit



Jackfruit