



## "Cooking Culturally - Let's Cook for Ramadan" Resource Guide

### Episode Partners:

[Global Philadelphia Association](#)

[Al-Bustan Seeds of Culture](#)

[Middle East Center](#)

[Morning Circle Media](#)

### Episode Description:

In this episode, Basma Jaber from [Al-Bustan Seeds of Culture](#) will present [Morning Circle Media](#)'s book, *Let's Cook for Ramadan!* in both Arabic and English. She will introduce us to the month of Ramadan and the important role of both fasting and food to Muslims in Philadelphia and beyond. We will follow along as Basma buys fresh vegetables and prepares tabbouleh - her dad's favorite and a beloved food in the Southwest Asian and North African (SWANA) region. Want to make your own tabbouleh at home with a little help from an adult? You can follow along with Basma using [our recipe](#) and even try the book's other delicious recipes! You will also have the chance to start thinking about your own favorite foods and how YOU celebrate special holidays and family traditions. Additional teaching resources and ideas for exploring the episode's themes will be included, too.

### Book: [Let's Cook for Ramadan!](#)

When teenagers from Philadelphia's Sudanese and other SWANA communities meet in the kitchen, the Ramadan meal is a mouthwatering sensation! Learn to make baklava, tabbouleh and other traditional Ramadan dishes, as well as a little about Islam and the celebration of this annual holiday. For ages 4 - 10. Text and recipes in Arabic and English. Suad Mansour and Cynthia Kreilick are the authors, and the illustrator is Mohammed Ahmed. Morning Circle Media is the book's local publisher.

\*\*Order your copy of *Let's Cook for Ramadan!* on the Morning Circle Media [website](#).\*\*

### Audience:

Educators, students, families especially with children in grades 3rd-5th.

**Philadelphia sites and resources covering Muslim and Southwest Asian and North African (SWANA) cultures, food, history, and life in our city:**

[Encyclopedia of Greater Philadelphia | Islam](#)

[‘Muslim Town’: A look inside Philadelphia’s thriving Muslim culture](#)

[Al-Bustan Seeds of Culture](#)

[Filming Philadelphia's Muslim past and present](#)

[Al-Aqsa Islamic Society – Philadelphia, PA — My WordPress Blog](#)

[CAIR-Philadelphia](#)

[Middle Eastern and Central Asian populations in Philadelphia](#)

[The Sudden, Spectacular Rise of Middle Eastern Cuisine in Philadelphia](#)

[Masjidullah | PA | Masjidullah, Inc.](#)

[The Middle East Galleries - Digital Collections](#) (Penn Museum)

[Home | Middle East Center](#)

[Muslimsserve.org](#)

[Islamic Art at the Philadelphia Museum of Art](#)

[Culinary Literacy Center @ The Free Library of Philadelphia](#)

**Literature and resources for celebrating holiday and food traditions:**

[89 Authentic Recipes from Around the World](#)

[The Joy of Cooking with Kids During the Holidays](#)

[41 Easy International Dinner Recipes](#)

[Culture and Food and Ritual. Oh My!](#)

[Food and celebrations](#)

[Let’s Eat! Picture books about food around the world](#)

[Holidays | Holidays Around The World | Made by Red Cat Reading](#) (YouTube)

[For This Palestinian Cook, The Kitchen Is A 'Powerful Place' — Not A 'Life Sentence'](#)

**Curious about Southwest Asia and North Africa (SWANA) region? Check out these resources:**

[North Africa and Southwest Asia](#)

**Map**



Source: Map courtesy of University of Texas Libraries,  
[Political Map of the World, January 2011](#)

**A few SWANA World Heritage Cities  
to compare with Philadelphia:**

[Istanbul, Turkey](#)

[Marrakesh, Morocco](#)

[Tel-Aviv-Yafo, Israel](#)

[Turkistan, Kazakhstan](#)

[Tunis, Tunisia](#)

[Yazd, Iran](#)

**A few SWANA World Heritage Sites to  
compare with Independence Hall:**

[Historical Areas of Istanbul](#)

[Medina of Marrakesh](#)

[White City of Tel-Aviv](#)

[Mausoleum of Khoja Ahmed Yasawi](#)

[Medina of Tunis](#)

[Historic City of Yazd](#)

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[LearnPhillyHeritage.org!](http://LearnPhillyHeritage.org)**