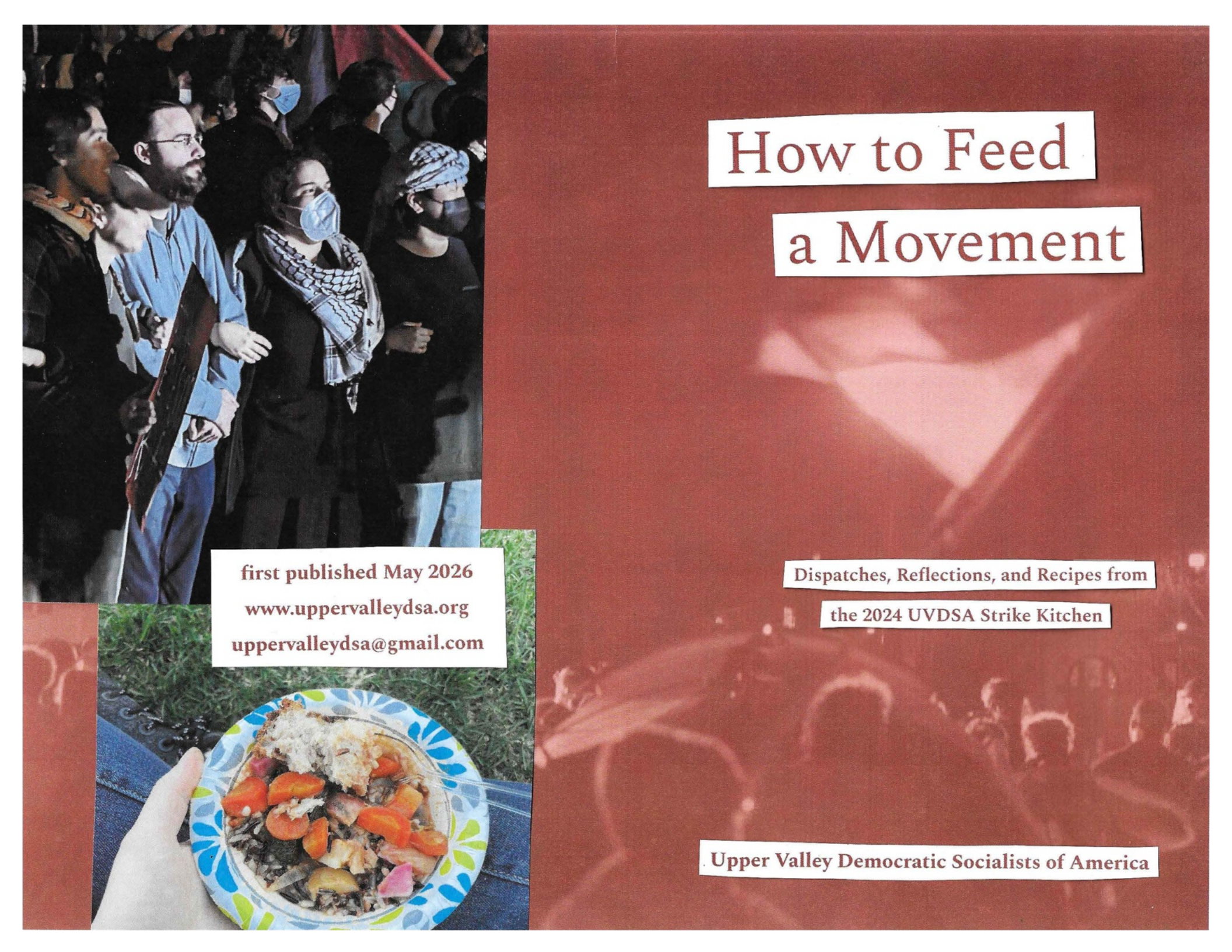




How to Feed a Movement

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Dispatches, Reflections, and Recipes from
the 2024 UVDSA Strike Kitchen

Upper Valley Democratic Socialists of America

How to Feed a Movement

Dispatches, Reflections, and Recipes

from the 2024 UVDSA Strike Kitchen

in support of GOLD-UE Local 261

and Dartmouth College students protesting for a free Palestine

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& all of our comrades who
made this project possible



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Socialists of America Chapter

Our heartfelt thanks to everyone who volunteered
with the strike kitchen, shared meals with us,
spread the word about this project, and donated
funds, food, supplies, and space to our effort.

We couldn't have done it without you, and we are so proud of
what we were able to accomplish together. Solidarity forever!

www.uppervalleydsa.org

We hope you've found this zine informative! It took us over a year and a half to put it together after the strike and strike kitchen were over, but going back through everything has put into perspective just how much work this project was and what an amazing time we had doing it. The GOLD-UE workers were on strike for about

two months, and having the strike kitchen as both a material resource and a social space was key to keeping it going for so long. We hope this zine can be a helpful resource for similar organizing projects in the future. If you have any questions for us or want more resources, you can reach out at uppervalleydsa@gmail.com and we'll be in touch. Thanks for reading! When we fight FEAST, we WIN!



Strike kitchen (n.): A communal space established during a labor strike where volunteers prepare and distribute food and beverages to striking workers and their supporters, aiming to sustain and strengthen the solidarity of the strike by meeting basic nutritional needs.

If my eggs are somehow linked
to my neighbors' eggs
Through the invisible fabric
of space-time
and at any moment
there could be some sort of
synchronized destructive
resonating between them

then forget it

I'LL GO WITHOUT EGGS

- "Every Egg Broke"
Cesar Alvarez



UVDSA was established as a chapter of the
Democratic Socialists of America in 2019.

Our organization has active members across the
Upper Valley community of New Hampshire and Vermont.

UVDSA's primary project is to organize militant labor and tenant unions and to prepare members to defend working class and oppressed peoples from attacks at work, at home, and in the community. We aim to become an organization of mass organizers guided by socialist principles. Our chapter programming is designed to develop new organizers, educate current organizers, and serve as a networking space to coordinate various organizing projects toward creating a coherent working class movement.

Introduction

On May 1st, 2024, here in the sleepy Upper Valley of New Hampshire, hundreds of striking campus workers joined with students and community members to protest Dartmouth's support of the genocide in Palestine. We sang "Solidarity Forever" as we formed a protective circle around a newly erected student encampment. Nearly a hundred of us were arrested as riot police dispersed the crowd of thousands.

On May 2nd, and every day for the next seven weeks, GOLD-UE (Graduate Organized Laborers of Dartmouth) continued to strike for a living wage and decent working conditions. Although the police dispersed the crowd the night before, many of us returned again and again to support the striking grad workers who were struggling against our common enemy, Dartmouth College.

GOLD did not go out on strike alone. SWCD (Student-Workers' Collective at Dartmouth) went out on strike in solidarity with GOLD, shutting down many campus services for days. Even as campus dining was disrupted, the picket line was fed three warm meals a day, for the duration of their strike, cooked by a massive volunteer strike kitchen staffed by community and student supporters.

The protest of May 1st was not an accident or a spontaneous reaction to the unprecedented bloodshed in Palestine. Neither was SWCD's sympathy strike, or the immense community effort in support of GOLD. Even more than the strike itself, the infrastructure that built, radicalized, and/or united the many organizations involved was years in the making.

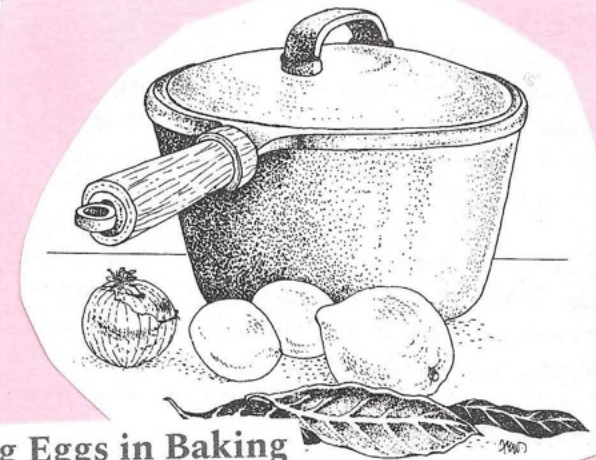
This zine is a cookbook, comprising recipes from the strike kitchen. But more than food, this zine is intended to illustrate how to cook up a socialist movement. This is a recipe for building an organization of organizers.

Making Veggie Stock from scraps

You can make your own soup stock from prep scraps by saving them in a plastic bag in the freezer. Once you have a full bag, dump it into a stock pot, cover with water, add a bit of soy sauce or salt, bring to a boil, then simmer on low for about an hour. Strain out all the solids, compost them, and your stock is ready to use!

Things that can go in the scrap bag: onion and garlic ends and skins, carrot and other root veg ends and peels, potato peels, herb stems, kale/chard stems, tomato cores, mushroom stems - really any part of a vegetable that isn't spoiled and probably has some flavor in it but that you aren't going to actually eat. Some bell pepper bits are fine, but too much can make it bitter.

If you're not going to use the stock right away, transfer it to jars and cool in the fridge. Freeze it if you're not going to use it within a few days.



Replacing Eggs in Baking

One handy thing to know for baking is that you can easily substitute chia seeds or ground flax seeds for eggs. A bag of either of these may seem expensive up front but compared to how many eggs it replaces, it's by far the cheaper option.

1 tbsp chia seeds/ground flax seeds + 3 tbsp water = replacement for one egg, just let it sit for 5-10 minutes to gel up before adding to your recipe.

Chickpea Salad w/ Tahini Dressing

adapted from NYT Cooking

serves 4

For the chickpeas:

2 cans cooked chickpeas
3/4 - 1 cup EVOO
2 tbsp minced garlic
2 tsp cumin
1 tsp paprika
Salt and pepper to taste

For the salad:

~10 oz leafy greens
Maybe some parsley and mint
1-2 small cucumbers, chopped
Lemon wedges
Pita chips

For the tahini dressing:

1/3 cup tahini
2-3 tbsp lemon juice
1/2 - 1 tsp minced garlic
1+ tbsp of warm water

LEMON

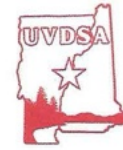


Toss chickpeas in a small baking dish with EVOO (the chickpeas should be touching each other and should be just covered with the oil), minced garlic, cumin, paprika, salt and pepper. Bake at 425°F for 35-45 minutes, until the oil is bubbling and the chickpeas are turning golden brown.

Combine tahini, lemon juice, and minced garlic. Whisk in warm water 1 tbsp at a time until it's the consistency you want. Taste and add seasoning as desired.

Cook the greens lightly in a frying pan with olive oil and a pinch of salt, just until they are wilted and tender—or skip this step and it's a normal side salad! To serve, combine the chickpeas, cooked greens, herbs, and cucumbers, and drizzle with the dressing and more lemon juice if you want. Serve with pita chips.

Email Subject: May Day Call to Action



Upper Valley DSA
April 28th, 2024

The student Palestinian solidarity movement sweeping the country has coincided with a resurgent labor movement to form a real moment of crisis for capitalism. Even as we watch the story play out on a national level it is also set to play out here in our community. Organizers from local unions and Palestinian solidarity groups are coming together on May Day to rally for liberation. By converging their movements, organized labor and student/community activists can mutually protect each other and demand more than ever of capital. UVDSA is putting every resource we have into supporting the organizers of these movements. We call on all members and sympathizers to contribute whatever time, money, and talents they have to this cause.

UVDSA is organizing a strike kitchen to feed picketers and student activists. This will require a massive amount of work. We are asking folks to [volunteer for kitchen duty by filling out this form](#). Our Community Resilience group is hard at work sourcing food as well as putting on deescalation trainings. All donations and dues payments that UVDSA receives will go toward the strike kitchen and supporting the students. If you're able, please donate and [sign up for recurring dues by following this link](#). And, of course, join us on the **Dartmouth Green at 5pm on May 1st**. This is an all hands on deck situation.

In solidarity,
UVDSA Steering Committee

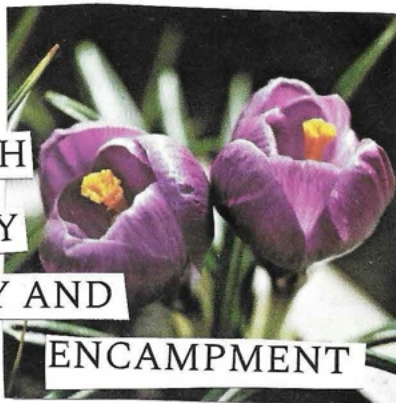
STATEMENT ON THE DARTMOUTH

May 3, 2024

MAY DAY

RALLY AND

ENCAMPMENT



UVDSA Steering Committee

Dear Comrades,

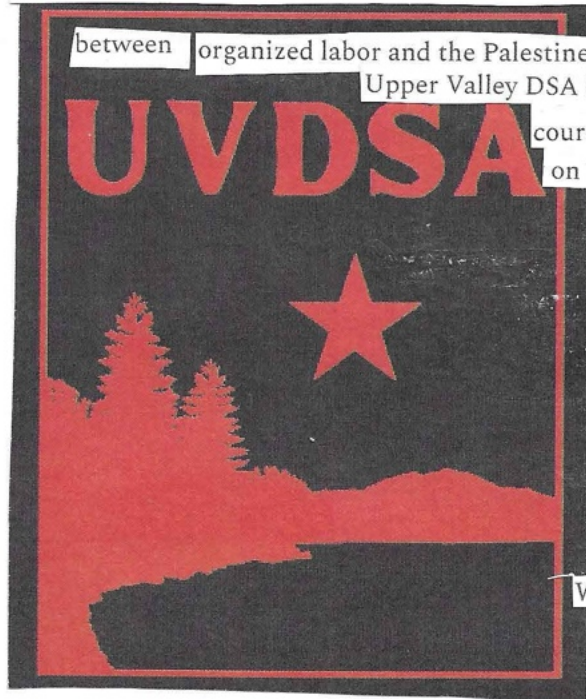
As you have by no doubt by now heard, state police in riot gear cleared a Palestine solidarity encampment from the Dartmouth Green on the night of May 1st, arresting around 100 students, workers, and community supporters. Dartmouth and the state's strategy of deploying unilateral violence on peaceful protesters not only reveals the brutal logic of capitalism, but also serves to strengthen the ties

between organized labor and the Palestine solidarity movement.

Upper Valley DSA is proud of our members' courageous display of solidarity on Wednesday, as well as their leadership and stewardship in several of the participating unions and community organizations.

May Day 2024 was a massive victory for everyone in the Upper Valley that stands against exploitation.

Wednesday's action united the



Lemon Blueberry Muffins

adapted from NYT Cooking

1 3/4 cups all-purpose flour

1 1/2 tsp baking powder

1/2 tsp baking soda

1/2 tsp salt

2/3 cup granulated sugar

1 lemon

1 cup plain whole-milk yogurt

1/4 cup neutral-flavored oil, olive oil, or melted butter

2 large eggs

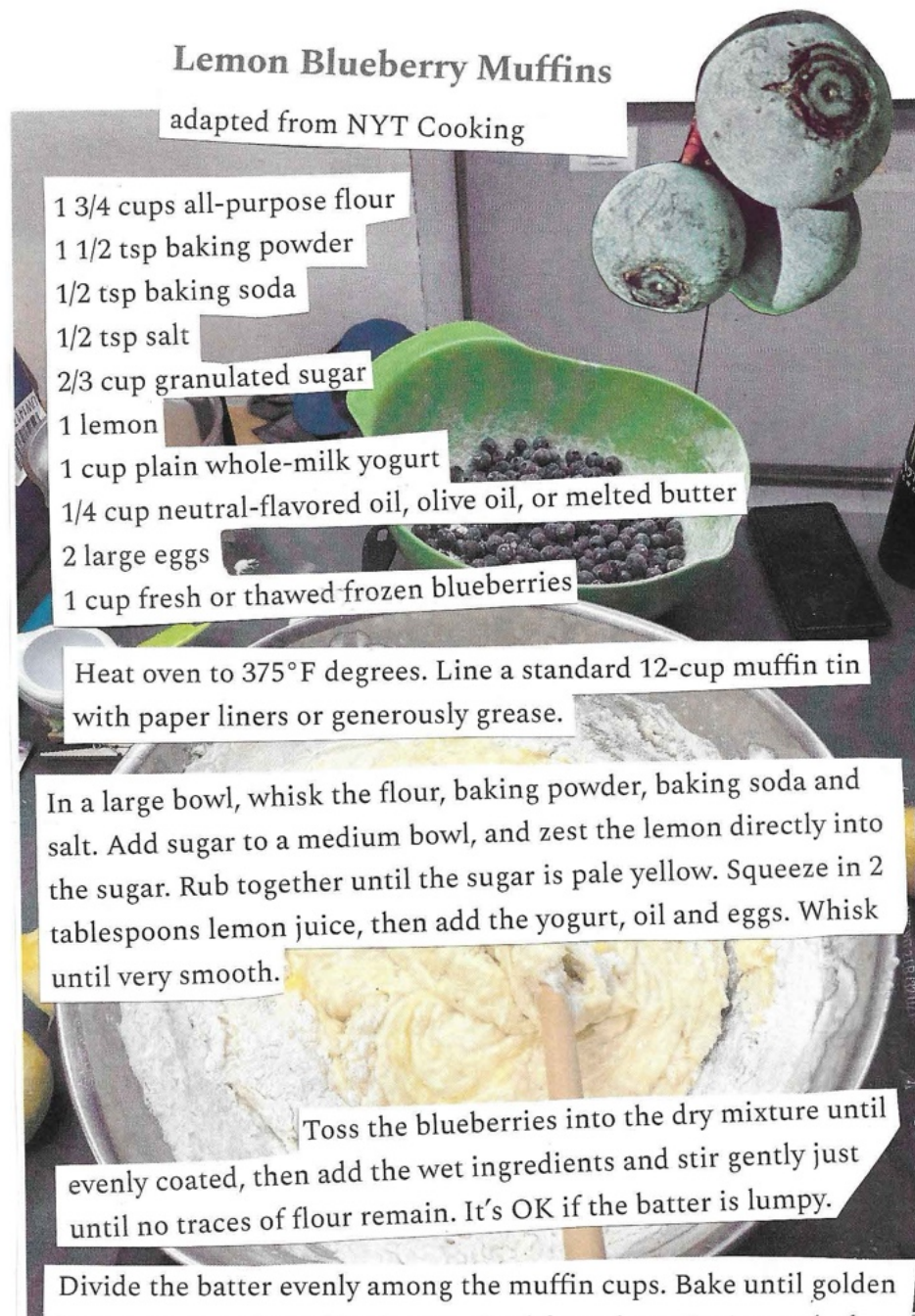
1 cup fresh or thawed frozen blueberries

Heat oven to 375°F degrees. Line a standard 12-cup muffin tin with paper liners or generously grease.

In a large bowl, whisk the flour, baking powder, baking soda and salt. Add sugar to a medium bowl, and zest the lemon directly into the sugar. Rub together until the sugar is pale yellow. Squeeze in 2 tablespoons lemon juice, then add the yogurt, oil and eggs. Whisk until very smooth.

Toss the blueberries into the dry mixture until evenly coated, then add the wet ingredients and stir gently just until no traces of flour remain. It's OK if the batter is lumpy.

Divide the batter evenly among the muffin cups. Bake until golden brown on top, about 20 minutes. Cool for at least 5 minutes before removing from the tin.



Beef Meatball Kebabs

submitted by Muhammad Abdul Haseeb

serves 7-8

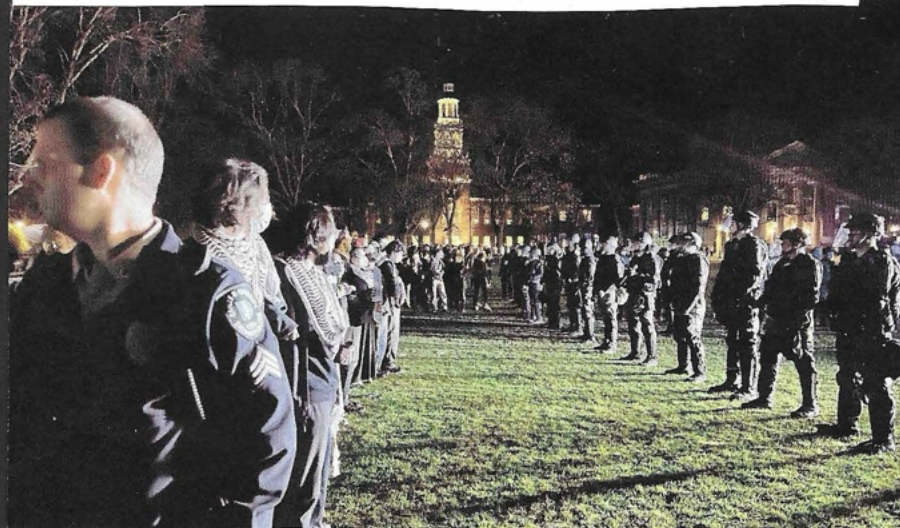


Ground beef (85% lean / 15% fat): 2 lbs
Egg: 1
Onions, finely chopped: ½ lb
Cilantro (optional), chopped: 1 bunch
Salt: 1-1.5 teaspoons
Red chili powder: ½ teaspoon
Whole Coriander seeds: 1 tablespoon
Olive oil: ½ cup



Preheat the oven to 330°F. Mix everything thoroughly in a large bowl. Form meatballs and arrange them on a baking tray. Add diced onions and bell peppers in the tray if you like. Bake for about 1 hour or more, depending on how well-done you prefer them.

burgeoning Upper Valley labor movement with student and community Palestinian solidarity organizations. As communists, we understand that capitalism is responsible for both the Zionist project and the oppression of workers. The tie between labor and international solidarity is not an abstract concept for us. Dartmouth College is a central node of capital in the Upper Valley. As one of the area's largest employers, with a rich history of workplace abuse and union busting, it is the enemy of organized labor. As an institution that invests heavily in the military industrial complex, and that profits from performing research for the same, Dartmouth is the enemy of the Palestinian liberation movement.



Workers and those standing with Palestinians operate against the same enemy. By working together, the leverage of both camps grows beyond the sum of the coalition's parts. UVDSA organizers helped organize the "Labor for Liberation" rally to illustrate that solidarity with Palestine is not only morally correct, it is in the interest of the working class of the Upper Valley. The coordination of GOLD's strike, SWCD's refusal to cross GOLD's picket line, and the encampment illustrate the potential power of coordinated and disciplined organization to make demands of capital, beyond narrow economic demands.

Dartmouth's response to our community's actions on May 1st demonstrates the necessity of unity and the risks that such unity poses to zionism and organized capital. GOLD and SWCD organizers were arrested alongside student campers and community activists. Today, the leadership of both unions released a joint statement calling for all charges to be dropped against the campers, among other demands. A Palestine Solidarity caucus is holding well-attended political education readings on the picket. The GOLD picket is sustained by UVDSA's strike kitchen, hosted by a fraternity to which many student activists belong. On May 2nd, over twenty comrades worked in the strike kitchen, many of whom were community supporters affiliated with Upper Valley For Palestine. The act of singing and chanting together for hours as we watched our friends and comrades being dragged away brought us together. We anticipate the bond will grow stronger in the coming days as students and workers continue to dialogue within that space.

We hope that the full potential of this moment will be realized. We hope to see the combined leverage of a disruptive encampment and a general strike at Dartmouth bring the institution to its knees. We in UVDSA call for Dartmouth to disclose and divest, for a fair GOLD contract, and for President Beilock to resign.

It was recently made known that UAW 4811, the union of academic workers in the UC system, have announced a strike authorization vote in response to unfair labor practices related to the crackdown of the encampments at UCLA. We call on comrades across the country to organize within their unions to follow suit. Talk to your union siblings, educate them on the ties between our struggles, on what's at stake. We call on campus unions around the world to join the student campers in disrupting their institutions. By combining the labor and Palestinian solidarity movements, we can grind the war machine to a halt. To free ourselves, we must free Palestine.

In solidarity,
Upper Valley DSA Steering Committee



Making the Rice and Layering:

Boil the basmati rice in plenty of water until almost fully cooked. Strain out the water.

In a large deep pot (you can reuse the rice pot), make the layers:

Layer 1: Half of the boiled rice

Layer 2: All of the hot tomato stew

Layer 3: The remaining rice

Optional: Garnish on top with fresh cilantro leaves

Close the lid tightly and cook on low-medium heat for 7-8 minutes. Gently mix the rice before serving. Your biryani rice is ready to enjoy with grilled chicken and raita.

Raita (Yogurt Sauce):

Low-fat yogurt (not Greek): 32 oz

Salt: ¼ teaspoon

Ground black pepper: ¼ teaspoon

Water: ½ cup

Mix everything in a bowl

(preferably with a hand-mixer).

Grilled Chicken

Chicken legs and thighs: 3 lbs (make small cuts if large pieces)

Garlic powder: 1.5 tablespoons

Salt: 1.5 teaspoons

Red chili powder: ½ teaspoon

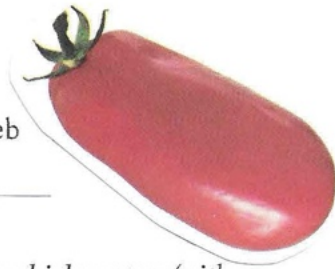
Lemon juice (optional): 1 tablespoon

BBQ sauce (as a binder): 1 tablespoon

Mix everything and marinate the chicken for at least 15 minutes (longer is better). Preheat the oven to 390°F. Lightly oil a baking tray and place the chicken pieces with some space between them. Do not cover the tray. Bake for 25-30 minutes, then flip the pieces. Cook for another 25 minutes, or until done to your liking. Serve with biryani rice and raita.

Biryani Feast

submitted by Muhammad Abdul Haseeb
serves 7-8



Classically, chicken biryani is made by cooking a chicken stew (with bone-in chicken and curry) separately, while basmati rice is boiled almost to the point of being fully cooked. Then the rice and chicken stew are layered in a large pot and steamed on low heat. At the end, the layers are gently but thoroughly mixed before serving. To cook for a large group, I simplified this somewhat complex method while keeping the same biryani flavor. The chicken is grilled separately in the oven, and the rice is layered with a tomato-based curry made with the usual biryani spices.

4.5 cups Basmati rice, soaked for at least 1 hour:

1 bunch Fresh Cilantro (optional)

Tomatoes, chopped small: 1.5 lbs

Onions (optional): 0.25 lbs

Ginger-garlic paste: 1 tablespoon

Dried plums: 4 pieces

1 packet of pre-made biryani masala (National Sindhi Biryani mix or Shan Bombay Biryani mix)

Salt: 1 teaspoon

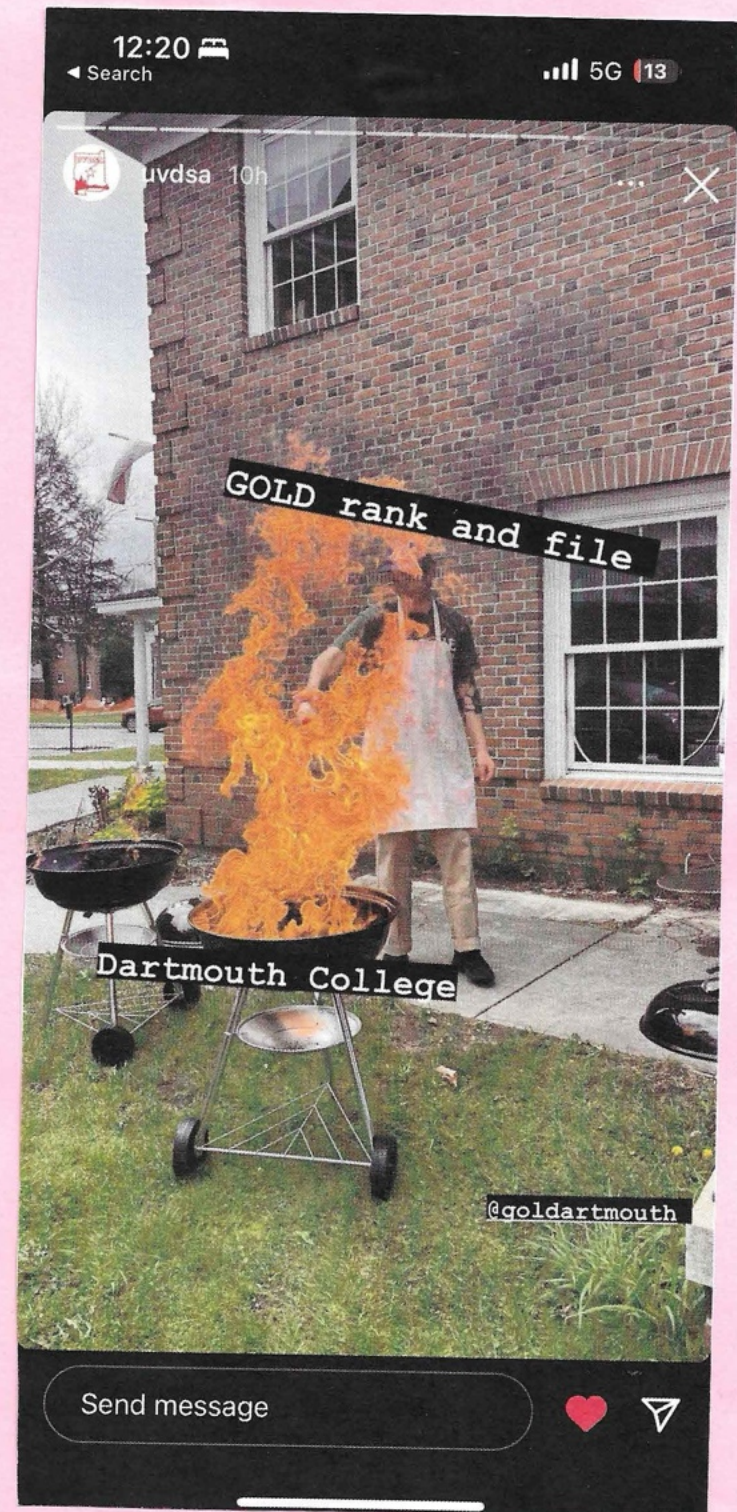
Olive oil or desi ghee: 1 cup

Water: 1.5 cups



Making the tomato curry ("stew"):

In a saucepan, sauté the onions (if using) until light brown. Add the tomatoes and cook until they soften and can be crushed easily with a wooden spatula. Add ginger-garlic paste, salt, and the biryani masala. Cook for 5 more minutes. Add dried plums and 1.5 cups water. Simmer on low heat until it becomes a thick stew.



Cooking For A Crowd

The number of people who showed up for meals varied greatly depending on the day and if there were any events or meetings going on. On a typical day, we planned to feed 20 to 40 people with each meal. Most recipes are written to make 4-6 servings, and to scale them up is just simple multiplication based on how many people you anticipate feeding. Adjusting the seasoning and amount of liquid at scale can be a bit tricky, though. Thankfully most of our meals turned out to be quite well seasoned and a good texture!

Biryani for 800 people

We tried to reuse leftovers as much as we could, being mindful of cooling and storing food safely and not keeping it for too long. Keeping everything well-labeled is so important: what it is, when it was cooked, and any information related to allergies or dietary restrictions.

We made our meals vegetarian or vegan whenever possible, not only to accommodate those diets, but also because meat is very expensive.

We also minimized the use of allergens, excluding nuts almost altogether, and sometimes made two versions of a dish that included or excluded a particular ingredient.

If we received donations we weren't going to be able to use easily in a recipe, we'd put it out in a box while serving dinner, free to anyone who wanted to take some extra things home.

We focused on making meals that were simple and easy to prepare, used the ingredients we had on hand or could buy cheaply in bulk, and offered well-rounded basic nutrition—lots of big stews with grains, bean-based dishes, and curries. For breakfast we made things that could be baked at scale, like muffins or bread pudding, as well as offering granola bars, fruit, and of course, coffee and tea.

Easy Vegetable Curry

adapted from Holy Cow Vegan
serves 8

This recipe is easily adaptable to your dietary needs and miscellaneous available ingredients. For example, we left out the cardamom and added more veggies and protein sources.

1 tsp coconut oil
~~1/4 tsp ground cardamom~~
1 medium yellow onion
1/2 tsp turmeric
1/2 tsp cayenne
1 tbsp ginger garlic paste
2 medium sweet potatoes
2 medium potatoes
1 large carrot

1 large green bell pepper
2 cups green beans
1 1/2 cups vegetable stock
14 oz canned or cooked chickpeas
1 1/2 tbsp curry powder
14 oz coconut milk
3 scallions
2 tbsp lemon juice
2 tbsp cilantro
Salt to taste

Heat the oil. Add the onions followed by the cardamom pods and saute over medium heat until the onions start to sweat and turn translucent. Add the turmeric, cayenne and ginger garlic paste and stir-fry for 30 seconds. Add the sweet potatoes, potatoes, and carrots. Season with some salt and cover the pan. Turn the heat to low and let the vegetables cook about five minutes. If the veggies start to stick, add some water. Now add the green beans and green peppers and 1/2 cup of water or vegetable stock.

Cover again and cook five more minutes. Check to see if the potatoes and sweet potatoes are cooked and fork-tender. If they are not, continue to cook, covered, for a few more minutes. Stir in the chickpeas, curry powder and another cup of vegetable stock. Bring the mixture to a boil. Add the coconut milk and scallions, if using. Lower heat to a simmer and turn off as soon as the curry comes to a boil.

Stir in the lemon and cilantro and add more salt if needed.

Puerto Rican Rice and Beans

submitted by Rachel Martin

serves 6

This was another old favorite recipe of mine that was really well suited to the strike kitchen, as it's vegan, has plenty of protein to fill people up, and was not especially expensive to shop for. It may not be a family recipe that was passed down the generations (it came from a cookbook), but it is the recipe my family makes!

For beans:

- 3 garlic cloves, minced
- 1 medium onion, chopped
- 1/3 cup olives with pimientos, chopped
- 1 1/2 cup fresh cilantro, chopped
- 1/3 cup olive oil
- 1/4 cup sofrito
- 2 cans of pink beans, drained and lightly rinsed
- 1 8-oz can criada tomato sauce
- 2 sazón packets (culantro and achiote)
- 1 large potato, peeled and cubed
- 1-2 tsp salt

Saute garlic, onion, olives, and cilantro in olive oil for 4 minutes, or until softened. Add sofrito, beans, tomato sauce, sazón packets, potato, salt, and 1 cup of water.

Reduce heat to medium and cook for 40 minutes, or until potato is tender, being sure to stir occasionally to prevent burning on the bottom of the pot. Add another cup of water and cook 10-15 minutes. Meanwhile, begin cooking rice by bringing 4 cups of water to a boil with salt and olive oil.

Add rice, stir, and cover, reducing heat to low and cooking for 20 minutes, or until water is absorbed. Ladle beans on top of rice to serve.

For rice:

- 1 tsp salt
- 1 Tbsp olive oil
- 2 cups medium grain white rice

Supplies you may need or want:

- A pantry area to store ingredients and supplies: we used a simple metal shelving unit from the hardware store
- Tape and sharpies for labeling
- Box fans (we put a couple in the windows for exhaust as it got warmer out)
- Bluetooth speaker for the kitchen
- A variety of large pots, pans, baking sheets, and cooking utensils
- A commercial coffee maker/urn
- Paper plates and disposable cutlery, unless you have a lot of reusable dishes and a dedicated dish crew
- Takeout containers for storing & giving away leftovers
- Soap, sponges, rags, and surface cleaner
- A wagon or cart to transport food and supplies
- Coolers and ice (we were constantly having to pick up more ice)
- A fridge (we got ours for free from facebook marketplace and it lived on the back porch of our home base. Eventually it moved to someone's home to serve as part of an ongoing food shelf for graduate workers.)
- Compost bucket
- Trash bags

Some of these supplies we were able to get donated for free by reaching out to our community and checking local resources for sharing free items. Other things we purchased using DSA funds, supported by donations.

Location

To cook for a lot of people you're going to need a good kitchen, and a place to serve the food. Our first plan was to use the commercial kitchen at a church, but that fell through. We were lucky enough to connect with some students at Phi Tau, a gender-inclusive Greek house on campus, who generously let us use their kitchen for the duration of the strike. That kitchen had two ovens, a 5-burner induction stove, a two-bay sink, a huge variety of pots and pans and cooking implements, a decent-sized prep counter, and large trash and recycling bins.

Access to this space was a major help. Without it, volunteers would have had to cook everything in their home kitchens, then transport it to a central location for serving. Some folks did make things at home if it was convenient, particularly if they were baking something for breakfast. But overall, having a central kitchen space that volunteers could access whenever they needed was key to making the strike kitchen run smoothly.

Oat Porridge Bread

submitted by Emma Percy

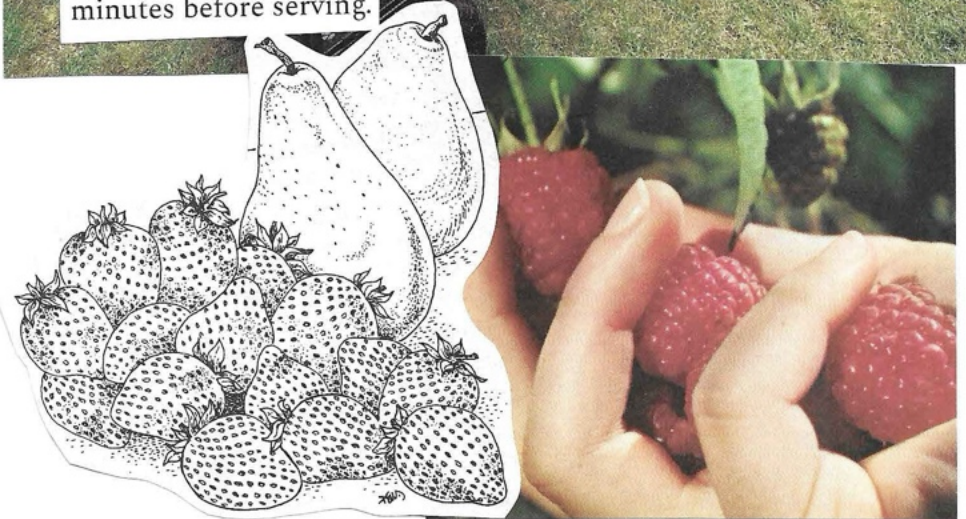
I made this oat bread to serve alongside the nettle soup and to use up a big bag of quick oats we received as a donation. It's also a quick+tasty breakfast!

12 cups milk (plant-based if necessary)
3/4 cup apple cider vinegar
18 cups quick oats
3/4 cup maple syrup, honey, brown sugar, or white sugar
6 tsp baking soda
3 tsp salt

Heat oven to 350°F. Oil a casserole dish or large baking pan with sides. Stir together the milk and vinegar in a large bowl. Add the

oats, maple, baking soda, and salt. Stir, then pour into the prepared pan.

Bake for about an hour or until the bread is golden brown. Cool 10 minutes before serving.



Nettle Soup

submitted by Emma Percy

serves 4-6

Stinging nettles are one of my absolute favorite wild plants - they're abundant, packed with nutrients, and happened to be in season just as we were getting this project started. Cooking them destroys their ability to sting you, and even if you do get stung, the irritation will subside fairly quickly. Of course, they may not be available in your time and place, so you can simply substitute any kind of leafy green for this recipe (spinach, kale or swiss chard would be great). But I had a lot of fun going out to gather a big basket of nettles and making the biggest nettle soup I've made yet!

2-6 cloves garlic, minced
1-2 stalks celery (optional)
1-2 carrots (optional)
4+ cups raw stinging nettles or other edible leafy greens
4 cups soup stock or water
salt, pepper, miso paste, and/or thai red curry paste to taste

~2 tbsp olive oil or butter
1-2 large potatoes, diced
1-2 onions or leeks, chopped fine

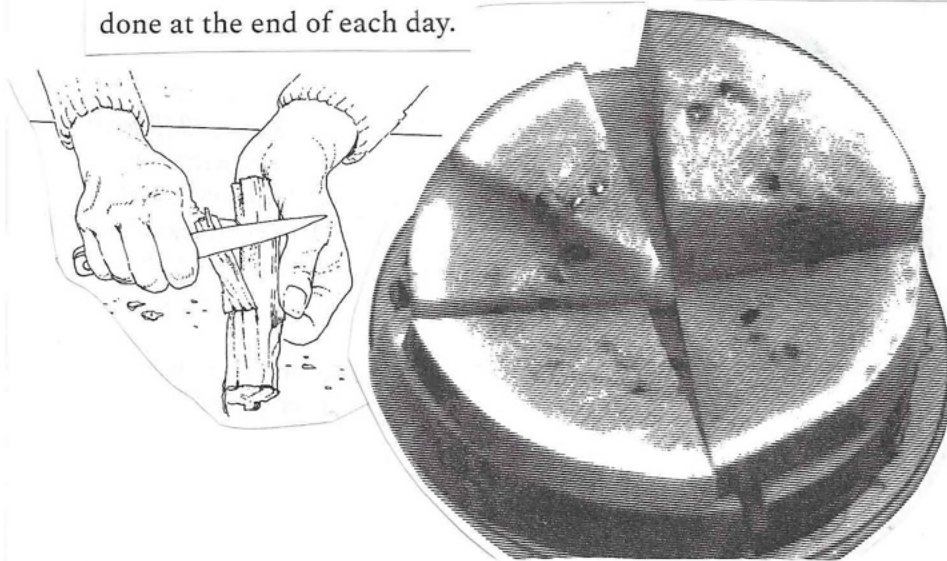
Clip the nettle leaves from their stems and wash them in cold water to remove any dirt or bugs.

You can either put them right into a blender to chop them up, or blanch them and chop them with a knife. To blanch, bring a pot of water to a rolling boil, submerge the nettles for 30 seconds, then drain them and transfer them to a bowl of ice water to stop the cooking.

Heat the oil in a large soup pot, add the onions, celery, potato, and a big pinch of salt and pepper, and cook for about five minutes. Add the garlic at around the last minute of this step. Add the stock or water and bring to a boil. Simmer on low until the potatoes are tender, about 15 minutes. Add the nettles/greens, the curry paste or any other seasonings you're using, stir, and turn off the heat. Blend the soup with an immersion blender, or in batches in a regular blender.

You may need to let it cool for a little bit before blending. Adjust the seasoning as needed. If it's too thick, add a little more water or stock. It's nice to serve this with some sour cream or plain yogurt, hot sauce, and some fresh herbs for garnish, like parsley, dill, mint, or chives!

On that note, it's important in any communal space to establish expectations and boundaries around how and when the space is used and how it's kept clean and tidy. We communicated with the residents of the house from the beginning about all of this and made sure all volunteers were informed of when and how they should come to the house and what kind of cleaning had to be done at the end of each day.



Breakfast and lunch were carried out to the picket line every day using a couple of wagons and served from folding tables. Dinner was served at Phi Tau using their dining room which had a very large table and benches inside and a few picnic tables and lawn chairs outside. Occasionally we brought a wagon full of food to Palestine Solidarity teach-ins to share with attendees (mostly students).



James L Today at 3:42 PM

I'd like to pass along to strike kitchen that lunch today was a banger



2



1

Volunteers

The strike kitchen was operated entirely by volunteers, and it was necessary to cast a wide net in reaching out to folks to get involved so that we would have enough people that no one was carrying too much of the burden. Most of our volunteers were members of UVDSA, Upper Valley for Palestine, GOLD-UE, or were undergrads.

We created one Signal chat for all volunteers to communicate, and another smaller chat for the core group of organizers to plan. The larger chat was pretty active, and sometimes got a little spicy!, but served as a vital resource to figure out daily logistics, request support, and share what was actively going on in the kitchen. The smaller planning chat was more focused on mapping out the week ahead—menu planning, figuring out what supplies were needed, and any other higher-level conversations that didn't need to include every single volunteer.



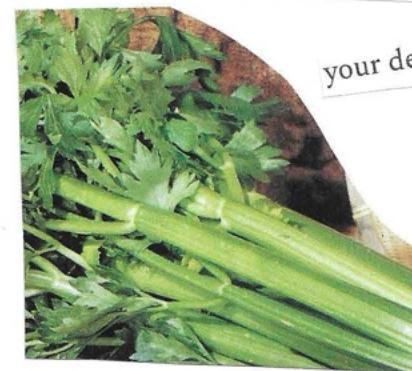
Place the lentils in a medium bowl and cover them with water. Wash the lentils with your hand, tip out the water, and repeat this process until the water runs clear. Cover the lentils with fresh water and soak 30 minutes to 1 hour (this will allow them to cook faster).

Heat the olive oil in a large heavy pot over medium heat. When it begins to shimmer, add the onions, and sauté for 3 to 4 minutes until they start to become tender and translucent. Add the ginger and garlic, and cook with the onions for an additional 2 to 3 minutes until everything starts to brown slightly.

Stir in the turmeric, cumin, coriander, cayenne, and salt and black pepper. Sauté the masala for 2 to 3 minutes until it smells aromatic and darkens in color. Add the tomato paste and cook until it deepens in color, 1 to 2 minutes. Now pour in the tomatoes. Continue to cook until the tomatoes reduce slightly, 3 to 4 minutes. Add the coconut milk and vegetable broth to the pot. Simmer for about 5 minutes.



Now add the drained lentils. Cover the pot and simmer for about 30 minutes, or until the lentils are soft and the curry is thick. Add the spinach and stir until it wilts. Add the lemon juice and cook, stirring frequently, for about 10 minutes, so the dal continues to thicken and become luscious. Feel free to simmer further to reach



your desired consistency.



Taste again and adjust seasonings as necessary.

adapted from Ambitious Kitchen
serves 4

Vegan Dal

1 cup yellow moong dal or red split lentils
3 tbsp EVOO
1 yellow onion, diced
1 (2-inch) knob fresh ginger, grated
5 garlic cloves, sliced

1/2 tsp ground turmeric
1 1/2 tsp ground cumin
1 tsp ground coriander
1/2 tsp cayenne pepper
salt and pepper to taste
1 tsp tomato paste
1 (15-oz) can diced or crushed tomatoes with their juices
1 (13.5-oz) can coconut milk
2 cups vegetable broth
2 cups baby spinach, chopped
1 tbsp lemon juice



We also made a “master spreadsheet” on Google Sheets with pages for volunteer contact info, weekly menus, a running grocery shopping list, links to recipes, an inventory of the pantry, and a sign-up page to take shifts for the week ahead. For each meal we had one “Head Chef” and 1-4 helpers who could prep ingredients, cook, serve meals (which sometimes meant carrying everything in a wagon a couple blocks to the picket line), and clean up afterwards.

Beyond the kitchen crew, there were a few other volunteer roles that were vitally important:

- a grocery shopper almost every single day
- people to stop by local food shelves to check for ingredients we could use (this was where a good amount of our produce came from, as local farms often donated their “seconds” in large quantities)
- a volunteer coordinator to manage the spreadsheet and do outreach when necessary
- the UVDSA treasurer, who managed fundraising and reimbursing expenses

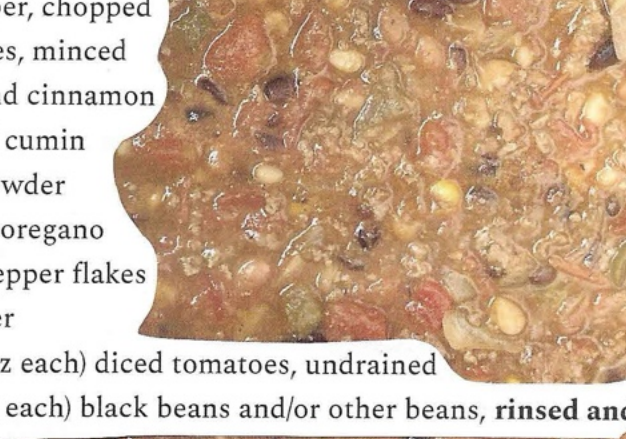
Managing a fairly large number of volunteers inevitably had some challenges. Besides just ensuring that all shifts were covered, we also had to make sure that expectations and plans were communicated really clearly, that we had enough resources on hand and were using them wisely, and that the workload was shared as fairly as possible. Many people were volunteering in the kitchen on top of working full time and/or being heavily involved in other organizing projects. The level of coordination and cooperation we were able to pull off and sustain for several weeks was quite impressive, especially given the need to plan and organize on the fly, and we hope everyone involved realizes how valuable and appreciated their contributions were!

Here is a screenshot of the GOLD calendar of events for the first full week of the strike. You can see that, in fact, striking is a full time job. Which makes it all the more incredible that the majority of the strike kitchen volunteers were fitting shifts into their normal work schedules.

ing when you feel so moved to.



olive oil
ground beef

- 
- onion, chopped
 a pepper, chopped
 c cloves, minced
 ground cinnamon
 ground cumin
 chili powder
 dried oregano
 red pepper flakes
 pepper
 (~14-oz each) diced tomatoes, undrained
 (15-oz each) black beans and/or other beans, **rinsed and**

1 cup orange juice (note, scale this one by vibes over time. don't overdo it)

every bean on the shelf chili

submitted by jordyn fitch

serves ???+

So this is a loooooose recipe, and one that I heavily encourage freestyling with, but this recipe is the bones for a quick and dirty strike kitchen meal that is simple, practical, and honestly really cathartic to make. The most commonly donated item we got in our kitchen were canned foods, particularly beans and corn. Our shelves were overflowing with kernels and something simply had to be done. For the good of the realm. So I yeeted them all into a big ass pot of chili and it became one of my favorite strike kitchen meals and memories.

The proportions of ingredients in the recipe will serve about 6, so scale up with that in mind based on how many you're serving (~60 mouths? 20 cans of beans!!!!) Having a solid base of black beans is great, but for the love of god, this is not the place to be picky. Throw. Them. All. In.

Got

kidney? A lil pinto? They are going in the chili. Canelini? Fava? Chili. Got some corn? Not anymore, it's in the chili now.

It's all in the chili now.

Waste

What happens to your scraps and trash is a huge consideration! If there's a dumpster nearby that you can access, that's great. If not, you'll need to make a plan for managing your trash and recycling, which might mean that volunteers carry it out to their home bins or a local dump.

Composting your food scraps is as easy as putting a bucket with a lid in the kitchen and finding or making a place to dump it. The Dartmouth campus has an organic educational farm, so sometimes we brought our compost to their heap, and at other times volunteers would bring it home to their own compost piles or to feed to chickens. Prep scraps, coffee grounds, the dregs from the very ends of meals, and leftovers that went bad all went into the compost. It was a good opportunity to learn and teach an alternative to trashing food scraps and to divert quite a bit of waste back into the life cycle!

Some composting tips:

- "Compostable" dishes, flatware, takeout containers, and so on need to say *home compostable*. If they say "industrially" or "commercially" compostable they won't break down quickly or at all in your backyard pile. Brown unbleached napkins, paper bags torn up into pieces, and coffee filters are generally fine to include.
- Keep the lid cracked or just placed on top of the bucket, not latched down. Airflow will make it a lot less smelly.
- Avoid meat scraps, unless you're willing to deal with that in your compost setup. Eggshells are fine.



Coordinating a lot of people to make food for a lot more people for an uncertain period of time is pretty complicated! We've touched on a few of the general challenges that came up on the Volunteers and Location pages, but here are a few of the difficulties we encountered and had to work through:

- Food donations are given with good intention, of course, but often are difficult to actually use. Packaged individual-serving foods often fell into this category, as did some of the produce and dairy items. The best donations for this kind of project are bulk items, shelf-stable ingredients, and versatile produce that can be eaten as-is (like fruit) or used in a wide variety of meals (like onions or cabbage, for example).
- We didn't have the bandwidth to figure out a system to figure out how many people were going to show up each day, nor did a clear answer to this issue appear, besides getting a general idea from the GOLD organizers (if there was a meeting that day, we could expect more people).
- We accidentally broke the glass surface of the stove by using an enamel pot, not realizing that it was an induction stove instead of just a regular electric stove. The more you know! Luckily the house was pretty cool about it and said the school would pay to fix it.

throw the whole ass pot away it's evil

5:01 PM



Evenly stagger two racks in the oven and preheat to 400°F. Scatter the cabbage on one lined baking sheet and the chickpeas on another. Drizzle the cabbage with olive oil and season with salt and pepper. Drizzle the chickpeas with olive oil, season with salt and dot with the harissa paste. Mix to combine. Add both sheet pans to the oven. Roast the cabbage for 18-22 minutes or until browning on the edges. Roast the chickpeas for 22-25 minutes or until crisp.

While those are in the oven, prepare the dressing. Add the sliced red onion and grated garlic to a medium bowl. Place a small sauté pan over medium heat and add 3 tablespoons of olive oil. Add in the sesame seeds and toast for 1-2 minutes or until fragrant. Add in the coriander, red pepper flakes and a large pinch of salt and cook another 2-3 minutes, or until the sesame seeds are golden brown.

Reduce the heat to low and add the vinegar and maple syrup, stirring to combine for just a few minutes, until the maple syrup is fully dissolved into the vinegar. Let sit until the cabbage is out of the oven. You'll begin to see the onions turn into a beautiful, bright pink. Taste and season as needed. When the cabbage and chickpeas are out of the oven, combine them on one sheet pan. Pour the red onion dressing over them both and toss everything together.



Roasted Cabbage and Chickpea Salad

submitted by Rachel Martin
adapted from Justine Snacks
serves 4

5G 13

shift 🍷

I found this recipe to be amazingly suited to the strike kitchen! It's vegan, the ingredients are affordable, it scales easily, and it was straightforward to split the work among a group thanks to the number of chopped and grated ingredients. I recommend serving with rice or some kind of leftover dish.



I really appreciated the strike kitchen as an emotional anchor for me during the strike. Having something tangible to do with my hands, serving others, and feeling the support of everyone else in the kitchen really helped ground me when I was stressed about things, and I'm so proud to have been part of it.

love our picketers ❤️

- | | |
|--|----------------------------|
| 1/2 medium head of cabbage any kind, thinly sliced | |
| 1 (15 oz) can of chickpeas drained and rinsed | |
| EVOO | 1/4 cup white sesame seeds |
| Kosher salt | 1/2 tsp ground coriander |
| Freshly ground black pepper | 1/4 tsp red pepper flakes |
| 2 tsp harissa paste | 1/4 cup red wine vinegar |
| 1 small red onion, thinly sliced | 2 tbsp maple syrup |
| 2 garlic cloves, grated | |

(or honey, agave syrup, etc)



- As the weather heated up it got more difficult to safely store the quantity of fresh food we had. We got a regular-sized fridge for free, but anything else had to stay in coolers, which meant replenishing the ice every day and making sure ants or other critters didn't get in.

- A few people were shouldering quite a bit of the work, often in addition to working full time, which led to exhaustion and burnout. Especially as time went on it was critical to encourage many volunteers to keep engaging with the project to lessen some of that burden. But after the strike was over, our core organizers felt pretty much wiped out for months afterwards.

Failed Experiment



A dish gone awry after mixing conflicting ingredients. It doesn't taste great, but as they say, beggars can't be choosers.

Inventory +

- Most of the food was really good, but occasionally we'd end up with something that inspired the question, "is this worse than hunger?"

- Vibe management: keeping morale high among volunteers by continuously being encouraging and grateful for all that folks were doing. There were a couple of personality clashes that had to be resolved, mostly by helping the folks involved realize that we were all under a lot of stress, that no one was intending to be disrespectful

NEW RULES FOR THE GREEN

By the order of President Stan Leah Beilock
Supreme Leader, First of Her Name



Prohibited Activities:

- Enjoying
- Vibing
- Chilling
- Assembling
- Chanting
- Standing after 11 PM

Permitted Activities:

- Driving SUVs
- Intimidating the youth
- Storm Trooper cosplay
- Detaining journalists
- Chokeslamming grandma
- Fear.

Come outside, we not gonna jump you!



Bread Pudding for a Crowd

submitted by Nancy Welch

Recipe can be easily adapted for gluten free, dairy free, or both.

serves 40+

In the spring I'm up with the birds (as early as 4 am), and I loved the early-morning quiet of the strike kitchen—to bake and to see what I and others on the breakfast crew could do to tidy up and organize the kitchen and pantry for the much more hectic shifts to come. It was a pleasure to cook for GOLD. Solidarity!

5 loaves day old bread, torn into chunks

15 cups milk or dairy alternative

15 eggs

5-6 oranges zested

5 cups juiced oranges

2 1/2 tsp salt

1 1/4 tsp ground nutmeg

1 1/4 tsp cinnamon

5 cups blueberries

2 1/2 cups sugar

5 tbsps vanilla extract



Whisk eggs, sugar, salt, orange zest, nutmeg, and cinnamon until eggs are broken up. Whisk in milk, orange juice, and vanilla. Stir in bread chunks and divide among lightly greased pans to soak overnight. Preheat oven to 350°F and fold in blueberries. Bake ~1 hour or until set.

Strata (Baked Egg Breakfast Casserole)

adapted from The Mediterranean Dish

serves 10

You can prepare this entire recipe the night before you plan to serve it. Just cover it with foil and place it in the fridge. When ready, put the whole thing in a preheated oven.

- 2 tsp EVOO, plus more for greasing the baking dish
- 1 pound about 6 cups crusty bread, cut into large cubes
- 4 oz chevre cheese (can be subbed with another cheese)
- 1 cup shredded parmesan cheese
- 3 large roasted red peppers, chopped (about 1 cup)
- 1 onion
- 1 tsp Italian seasoning
- 8 eggs
- 1 tsp kosher salt
- 3 cups milk
- 1/2 tsp black pepper

3 cups chopped spinach, packed Preheat the oven to 350°F.
4 cloves garlic, minced Grease a 9×13 baking dish

In a large skillet set over medium heat, add 2 tsp olive oil. Add the onion and cook until translucent. Add the garlic, saute until fragrant, about 1 minute. Add the spinach and stir until wilted and most of the moisture has evaporated. Remove from heat and turn off the burner.

Arrange the bread cubes in a single layer on the bottom of the pan. Layer on 1/3 of the cheeses, roasted red pepper, spinach. Top with more bread and repeat the layering process

In a large bowl, whisk together the eggs, milk, italian seasoning, salt, and pepper. Pour it over the layered bread in the baking dish.

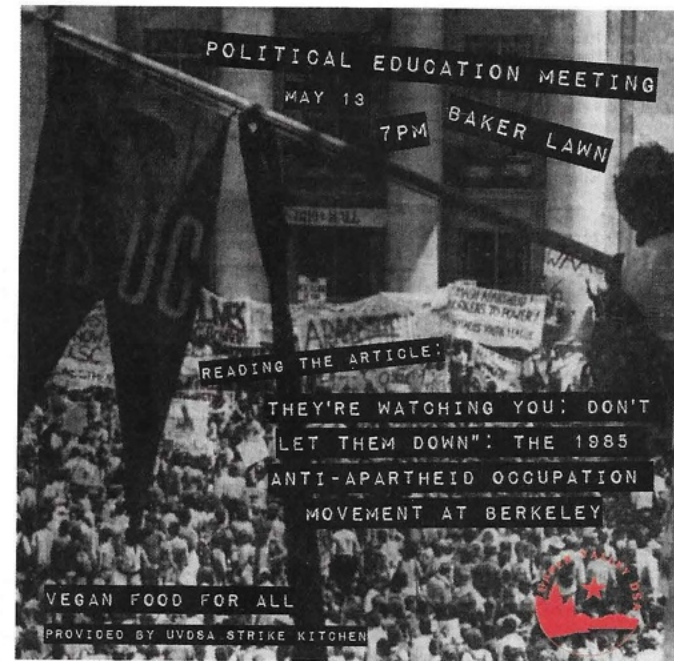
Transfer it to the oven to bake for 60-70 minutes or until a knife inserted in the center comes out clean and the strata is puffed up and slightly golden on the top.

Email Subject: Poli Ed for Palestinian Liberation



Upper Valley DSA
May 10th, 2024

UVDSA is hosting our monthly reading group at the brave space **this Monday the 13th, 7PM on Baker Lawn in Hanover.** We'll read and discuss "They're Watching You; Don't Let Them Down," an article that draws parallels between the student and labor movements to end South African apartheid from the 1960s to 1980s to the current movement for Palestinian liberation. Food provided by the strike kitchen. All comrades welcome.



How to fund a strike kitchen...

... or any grassroots organizing project really

We knew feeding a crowd three nutritious meals a day would add up. And we also knew common funding sources for community projects, like grants and most nonprofits, would be unlikely to help. We did turn to labor allies and asked ourselves who do we know? Who loves and cares about us, and our cause?

While the grad students themselves tapped alumni networks to build a strike fund, we turned to grassroots organizing strategies in our community network. We got help from the VT Workers Center to get our fundraising organized.

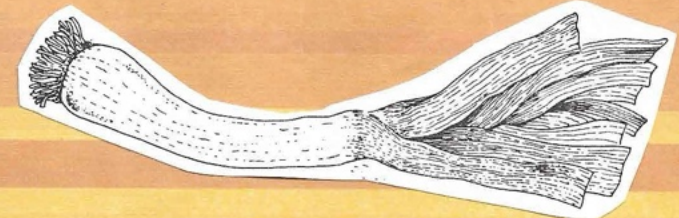
Folks from the VT Workers Center instructed our core leaders on their methods for fundraising, then we took what we learned to our rank-and-file members. Mostly, these were not the grad student workers themselves, who were busy organizing their strike, but other UVDSA members.

Each person participating has their own tab in a shared spreadsheet. First, each person sets their own goal. Something achievable, but a little more than they think would be easy. We

we were surprised by how willing most everyone was to help. In their tab, they list all the people they know who might be allies. This includes friends and family, but also supportive coworkers and members of other groups where we might be involved. We had support from so many members of other unions (shout out VT-NEA), faith communities (shout out New Hampshire Faith and Labor Coalition and Jewish Voice for Peace), fraternal organizations (shout out Le Droit Humain), and organizers doing



Here are a few recipes we made for the strike kitchen—some were contributed by our members and some we found online. Remember to consider how many people you expect to feed and scale up accordingly. Use the ingredients you have available and don't stress if you're missing one thing or another or want to make a substitution.



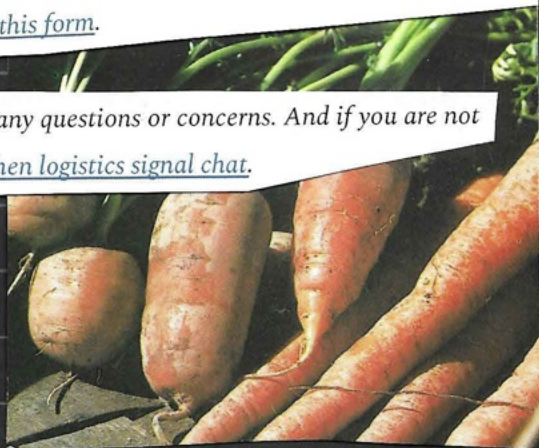
An email from our co-chair Mandy on May 19, 2024:

"Hey everyone, We are heading into **week four** of the strike kitchen! GOLD's strike is now truly a longhaul strike. This week, grad workers in UAW 2865, representing nearly 50,000 academic workers across the UC system, authorized a strike over unfair labor practices relating to the crackdown on campus encampments, especially at UCLA. Local 2865 has gone beyond merely demanding for charges against the campers to be dropped, they are demanding that UC divest from apartheid and militarism. As comrades at UC Santa Cruz prepare to go out tomorrow on the first explicitly political strike by a major union that I can remember, we are reminded of the potential of this moment, of the potential of this strike here.

Thank you all for being a part of the strike kitchen's effort to sustain the strikers as they hold out for important concessions. I'm not sure how good our competition is, but we have been told by a UE staffer that we are "probably the best strike kitchen in UE history." This has been made possible by the nearly 60 different volunteers, hailing from several supportive organizations, who have contributed their effort and expertise, as well as the scores of comrades here and across the country who have donated to [the strike kitchen fund](#). Thank you. As GOLD continues under the slogan "one day longer, one day stronger," so will we! Please sign up to volunteer for a shift in the strike kitchen, or to collect food from a food bank, by filling out [this form](#).

As always, reach out to me with any questions or concerns. And if you are not already on it, join the [strike kitchen logistics signal chat](#).

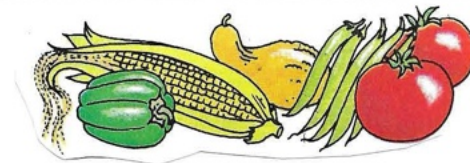
in solidarity"



allied work (shout out Upper Valley for Palestine). For each person they record their name, contact information, and a specific amount they will ask for. It might be a little, or it might be a lot, depending on the contact's means. Cast a wide net! We received some donations that were much larger than we expected, from asks we believed were very unlikely. Some folks even set up recurring donations or became dues paying members of UVDSA because they believed in the concrete work that we were doing.

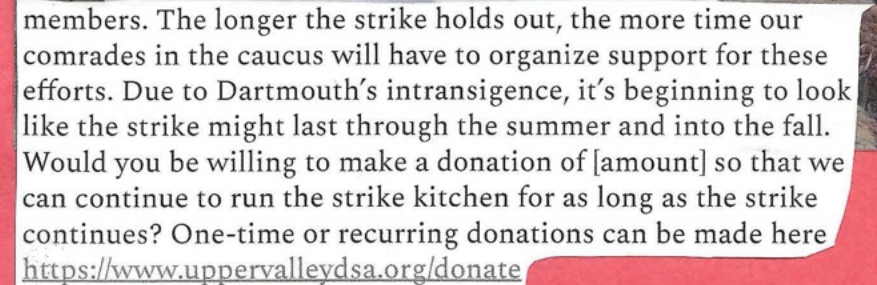


Once the list is prepared, including amounts sufficient to reach the goal, it's time to start asking. The spreadsheet includes columns for three asks per contact. Many people go through their phone to text their first ask. Some people will donate based on a text communication but generally text is the least impactful. More people will donate when asked by a voice or video call, presuming it would not be weird to call that person out of the blue. Most people will donate when asked in person. But you can be flexible.



If you're on a work break and strike up a conversation about your project, ask when it feels natural. If you usually communicate with someone another way, do that. Some folks can't afford to donate, but will spread the word around their networks. Record each communication in your spreadsheet.

Hey [name], our community rallied to support GOLD during the Labor for Liberation rally on May 1st. Since then, we have been hard at work supporting the GOLD Palestine Caucus in their efforts to bring amnesty for protestors, disclosure, and divestment to the table as strike demands. Our strike kitchen has been a central part of our support, sustaining picketers but also providing a space where militant organizers can interface with rank-and-file



A glass bottle containing a mossy terrarium with small yellow flowers and white eggs. The bottle is tilted, showing the interior arrangement of green moss, delicate yellow flowers, and several small white eggs. The background is dark, and a white label with the word "Email" is visible on the left.

		Ask	Donated				
First	Last	Amount	Amount	Ask 1	Ask 2	Ask 3	Phone
				Text	Call	In Person	Email

UVDSA Strike Kitchen Fundraising Drive Templates

General audience:

Hey [name], graduate workers at Dartmouth have been on strike for over a month, demanding access to campus childcare, short-term disability leave, and strike protections. Part of what has allowed the strike to hold out so long is our strike kitchen, which sustains striking workers with home cooked meals. It is beginning to appear that Dartmouth's intransigence will push the strike to continue through the summer and into fall. The role of the strike kitchen will become increasingly important in June, as Dartmouth has cut off pay for most of the striking workers. Would you be willing to make a donation of [amount] so that we can continue to support the strike for as long as it continues? One-time or recurring donations can be made here

<https://www.uppervalleydsa.org/donate>

To former donors:

Hey [name], thank you for supporting the strike kitchen. Thanks to donations like yours, we've been able to support GOLD's picket with three meals a day, several hundred servings per week, for over a month. It is beginning to appear that Dartmouth's intransigence will push the strike to continue through the summer and into fall.

The role of the strike kitchen will become increasingly important in June, as Dartmouth has cut off pay for most of the striking workers. Would you be willing to make another donation of [amount] so that we can continue to support the strike for as long as it continues? One-time or recurring donations can be made here

<https://www.uppervalleydsa.org/donate>

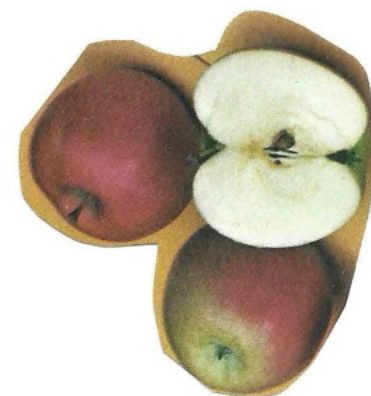


Everyone fundraising should check to see if their contacts donated and promptly send a personal thank you.



Donor	E-mail	Date	Donation	After Fees	Recurring?	Platform	Who Thanked?
xxxxxx	xxxxxx	4/26/24	20	19.12		Stripe	xxxxxx
xxxxxx	xxxxxx	4/27	250	242.45		Stripe	xxxxxx
xxxxxx	xxxxxx	4/27	5	4.55	yes	Stripe	xxxxxx
Total			6158	5951.78			

We were surprised for how long the donations kept coming in. Once people got the first round of asks under their belt, they gained confidence talking about the project and asking for money. Those conversations expanded way beyond our initial lists. After about a month, when the donations slowed but it became clear that Dartmouth would not settle a fair contract and we were all in for a long haul strike, we got back together and did a second round of fundraising.



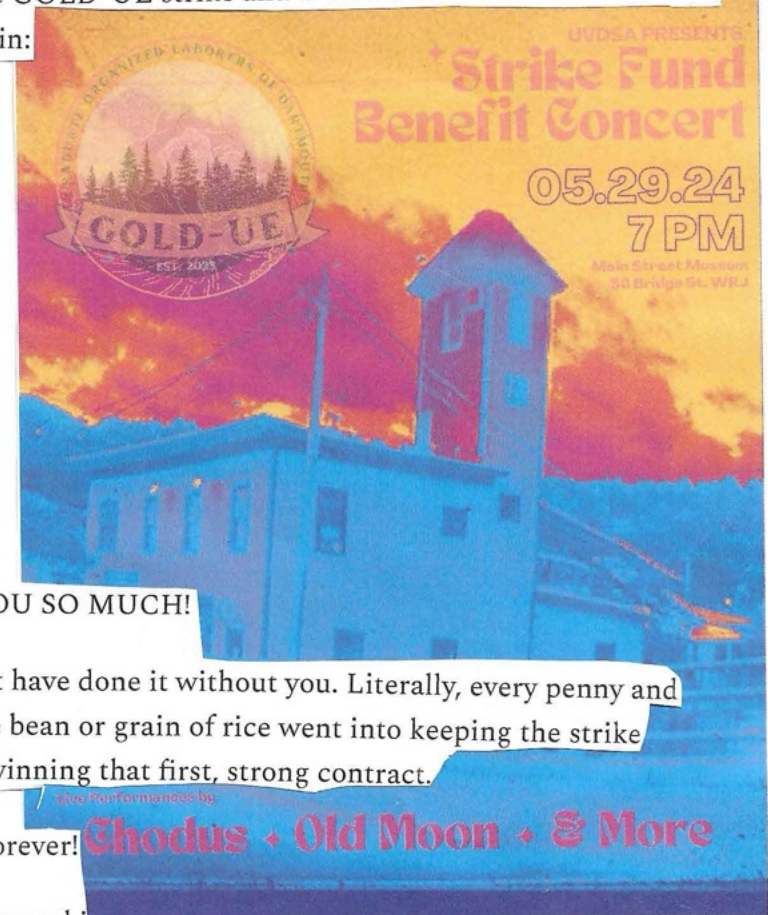
The treasurer should keep an eye on the accounts and record incoming donations in the donation tracker at least once a day. We collected name, email address, date, donation amount before and after fees, the platform used, and if it was a recurring donation or not. In the final column, we left a space for "who thanked."

Documentation is important because when donations come in, it is critical to say thank you! We are funding a project but also building bonds and strengthening connections. When people feel like they are part of a community and building something good, they'll contribute to the next project as well. They might even be willing to get involved as organizers, locally or in their own communities. Tons of folks who first got involved through the strike kitchen turned out to support our trans mutual aid collective a year later.

We kept email addresses on the donation tracker as well as the personal tabs because people love to hear about how the project is going. They donated in the first place because they love us and care about what we are doing, so they enjoy hearing about our successes. Our friends and family want to celebrate our achievements with us. We sent weekly updates with pictures, stories from the kitchen, picket lunches, community dinners, and a count of meals served that impressed and inspired us as well. Some folks who started as donors showed up to cook because even though it was hard work and the challenges were real, they could see we were also having a lot of fun all being in it together. We also wanted to make sure that everyone involved, even people who live far away, knew that they were an important part of our community. The strikers and strike kitchen volunteers were and are so grateful for everyone who provided the funding and fundraising support.

It cost us \$600-700/day to feed 20-50 people 3 meals a day. Occasionally other organizations, like Faculty & Staff for Justice in Palestine (FSJP), would offer to order and pay for a meal from a local restaurant outright. Sometimes we could also coordinate getting extra food leftover from other local community events, like the SEIU conference, or getting donations from local cafes and bakeries (Thanks Lucky's for donating a bunch of breakfast sandwiches one day!)

If you're one of those super generous folks who donated to help make the GOLD-UE strike and UVDSA strike kitchen a success, once again:



THANK YOU SO MUCH!

We couldn't have done it without you. Literally, every penny and every single bean or grain of rice went into keeping the strike going and winning that first, strong contract.

Solidarity forever!

Danny Brzozowski

2024 Strike Kitchen Treasurer