

COLOR & LEARN ABOUT THE HISTORY OF HAITI

Words & Pictures by Luis Limardo

Luis Limardo, Author/Illustrator

Artist Luis Limardo is a Chicago native who studied art & art history at the University of Illinois at Chicago. Limardo also spent time apprenticing under Scandinavian-American artist Mana Lesman and Puerto Rican artist Gamiliel Ramirez. This coloring book is adapted from the words and illustrations for his first children's book.

Elsie Hector Hernandez, Project Coordinator

Born in Port-au-Prince, Haiti, Hector Hernandez immigrated to New York where she earned degrees in nursing and Romance languages. She relocated to Chicago in 1989 and went on to earn a Master's degree in Public Health from the University of Illinois at Chicago. Elsie Hector Hernandez is founder of the Haitian American Museum of Chicago (HAMOC) and serves as HAMOC's President.

Haitian American Museum of Chicago

Founded in 2012, the Haitian American Museum of Chicago (HAMOC) is the first Haitian American museum in the Midwest. It was established to promote Haitian history, culture and art. The museum maintains a permanent collection and presents temporary exhibitions and other cultural programs for all ages featuring dance, language, music, history, literature, film, fashion and more. For more information, visit www.hamoc.org.

Waterloo Center for the Arts

The Waterloo Center for the Arts, located in Waterloo, Iowa, holds the largest public collection of Haitian art in the world. Additionally, the museum's collections feature local and regional art, American decorative arts and international folk art. The Center also houses the Phelps Youth Pavilion, an award-winning children's museum filled with interactive educational experiences based on art and cultural themes. For more information, visit www.waterloocenterforthearts.org.

This book was produced by the Haitian American Museum of Chicago (HAMOC) in cooperation with the Waterloo Center for the Arts.

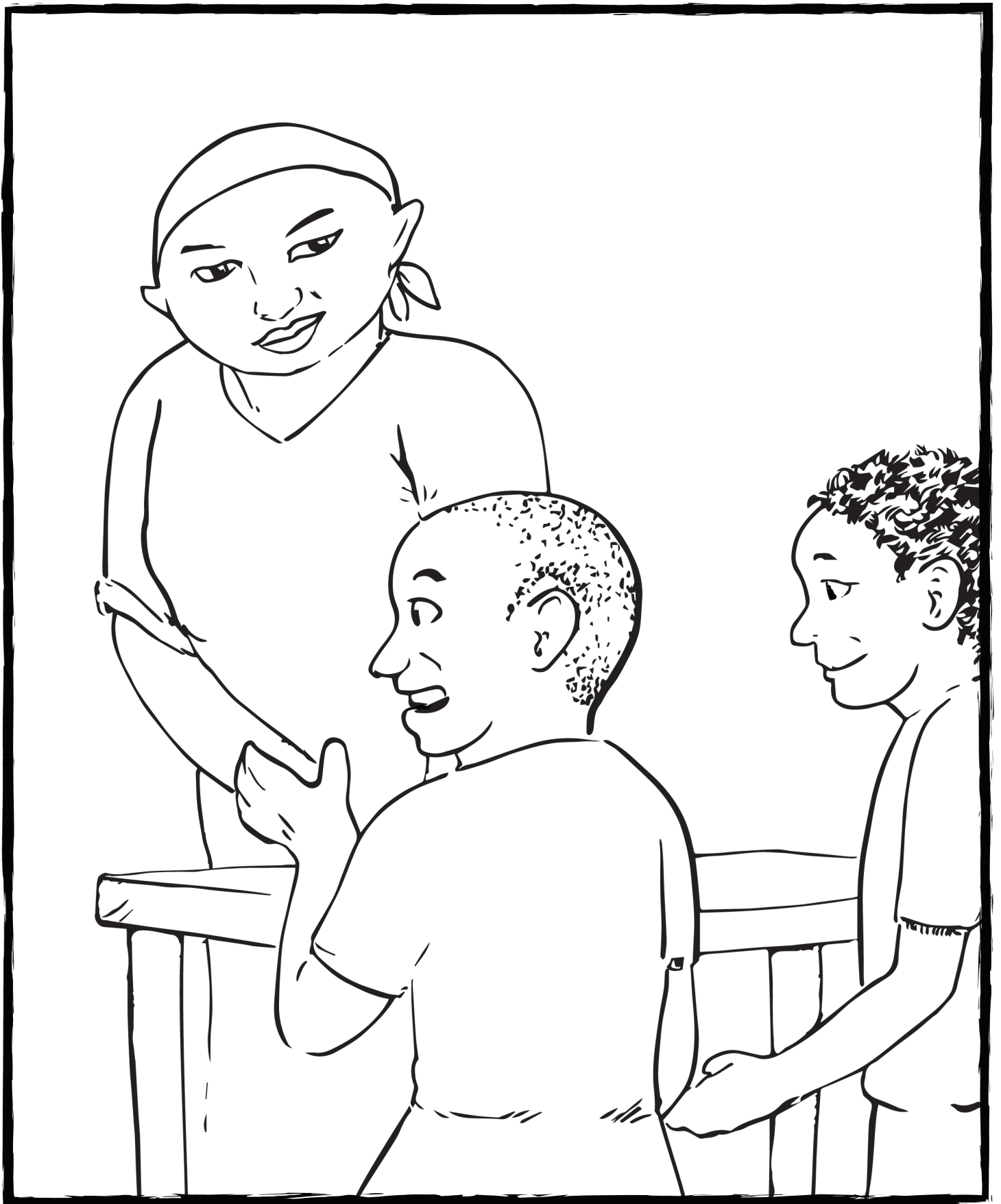
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SOUP
JOU
MOU



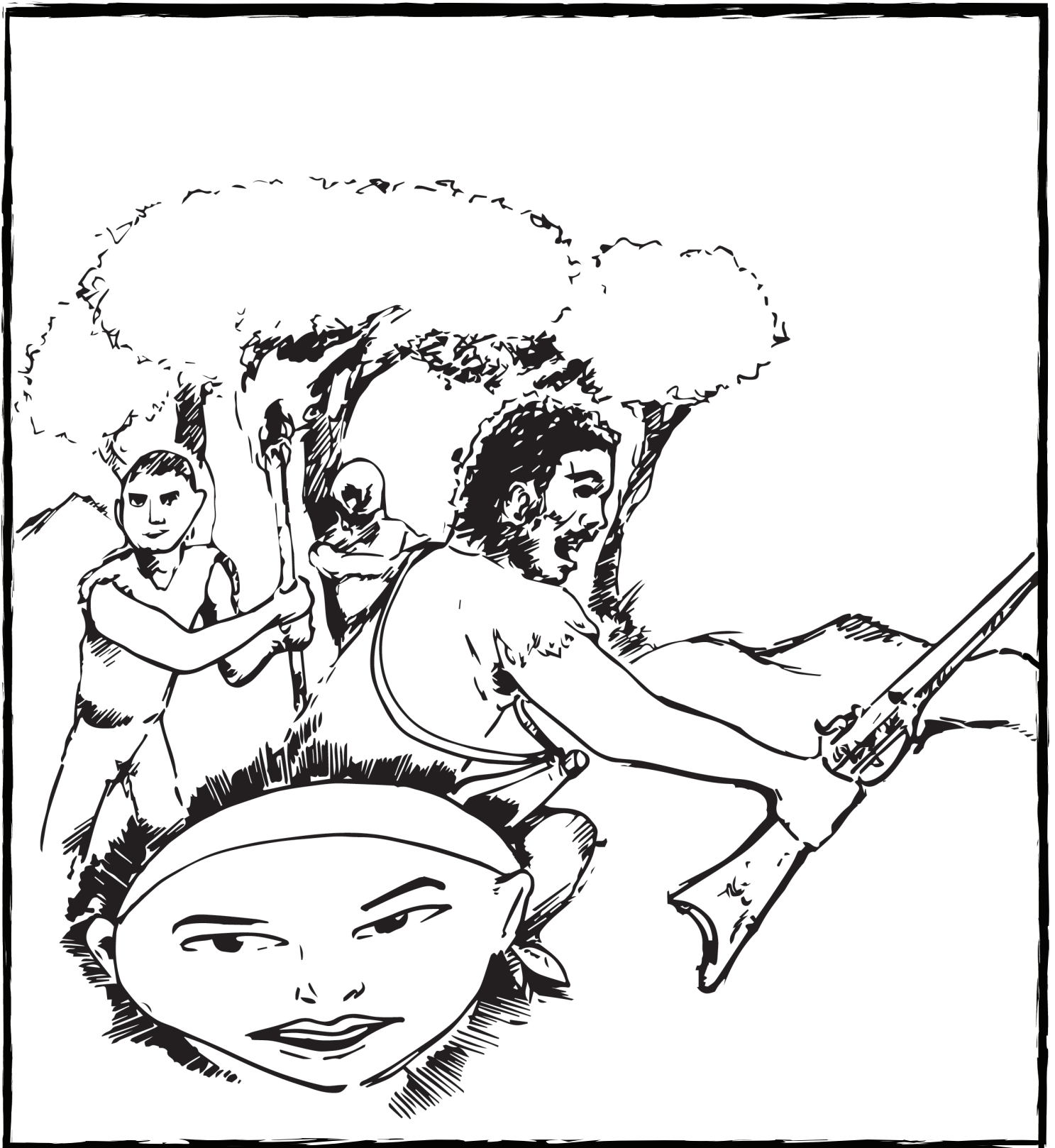
All for you



"Mama, tell us the story about this wonderful soup again,..please!" begged Felix.



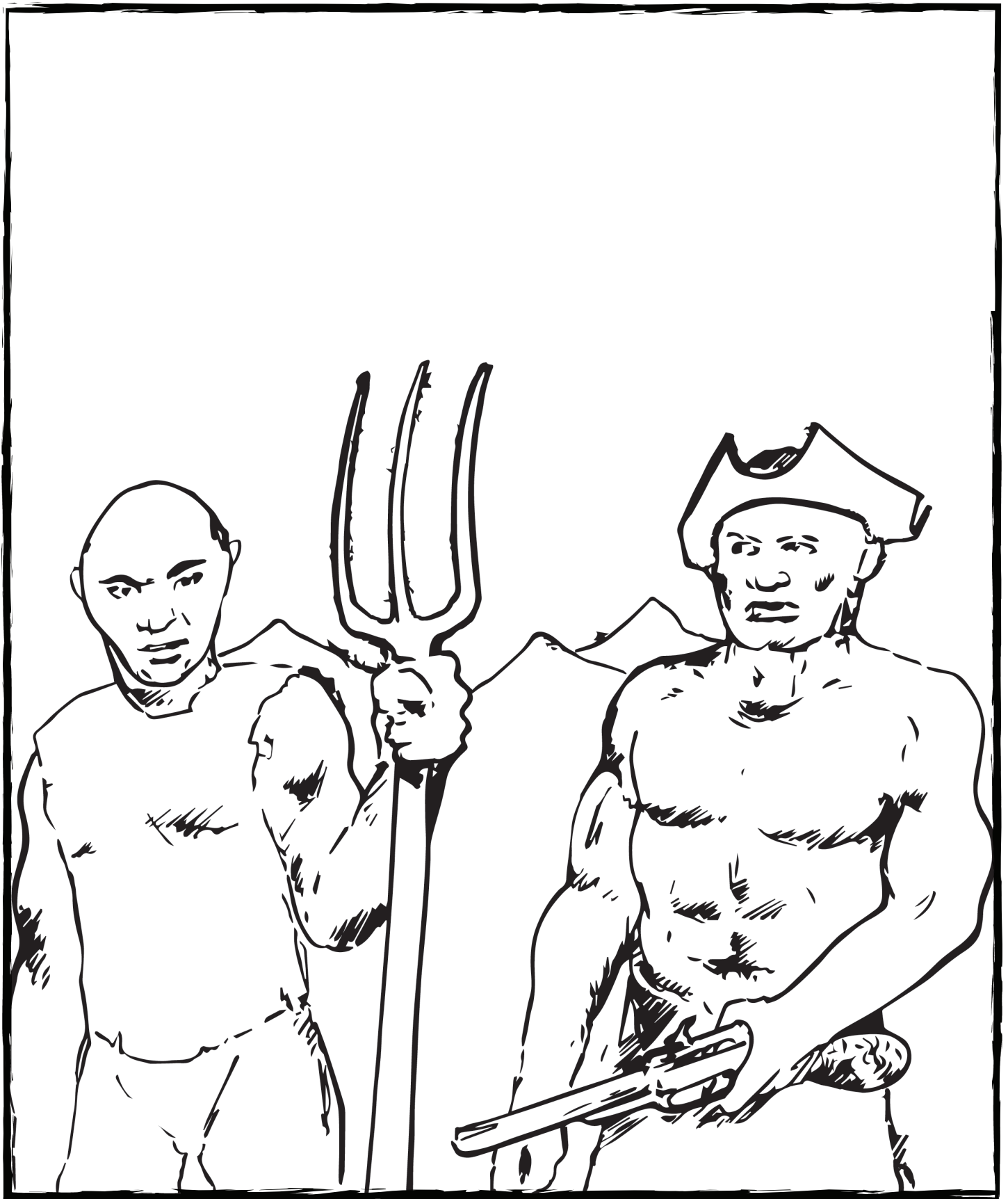
"Alright," Mother answered. "We eat 'Soup Jou Mou' to celebrate New Year's Day but there is much more to the story than that." Mother began to tell the tale.



"A little over 200 years ago there was a war --a war for independence on an island in a country now known as Haiti. Our ancestors, who had been brought to work as slaves from Africa, rose up and drove the French colonists out."



"Dutty Boukman, a runaway slave, gave a rousing speech which inspired others to fight. He started it all, you can say."



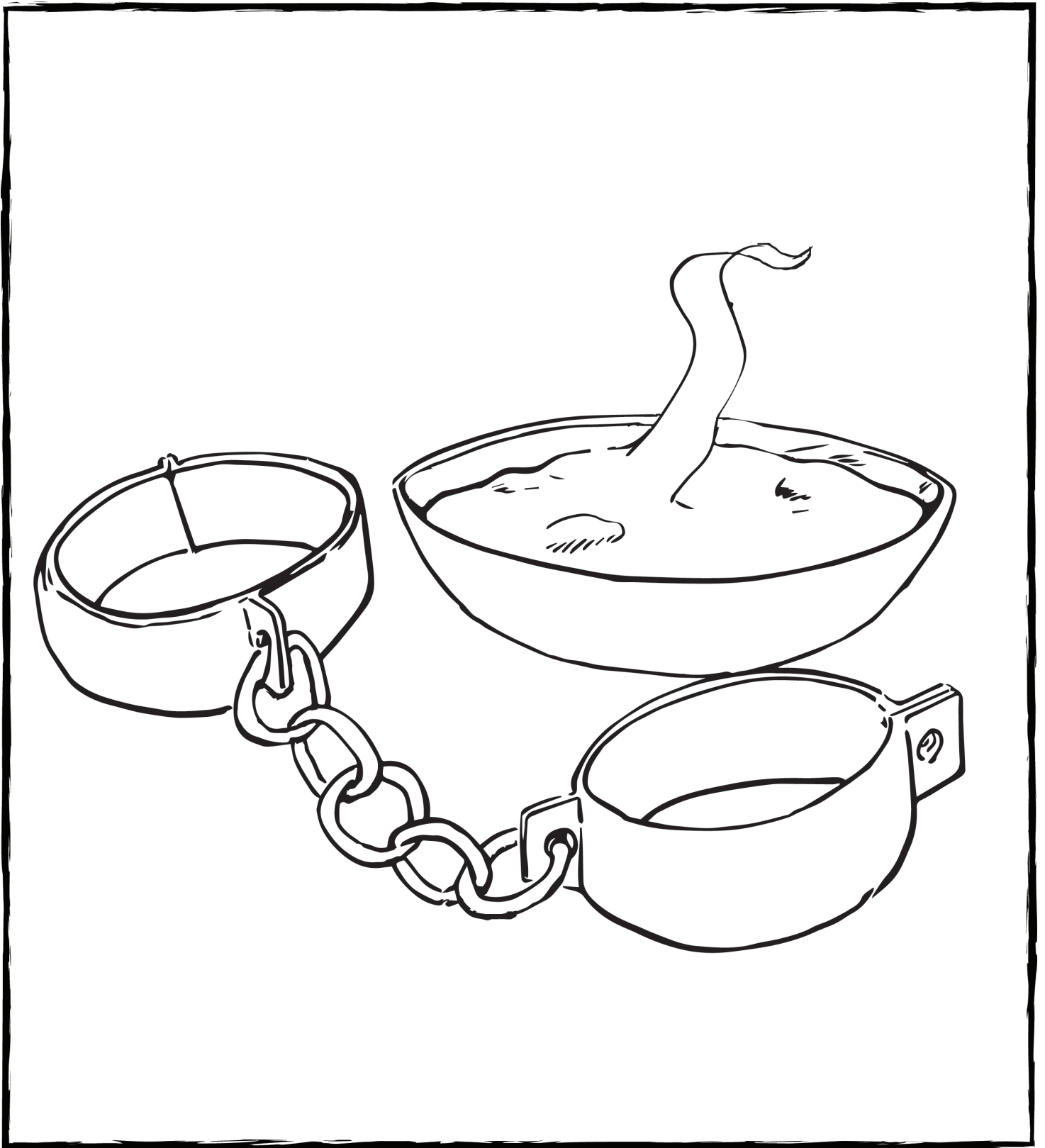
"It was a hard war, but our ancestors fought heroically so that they could be free."



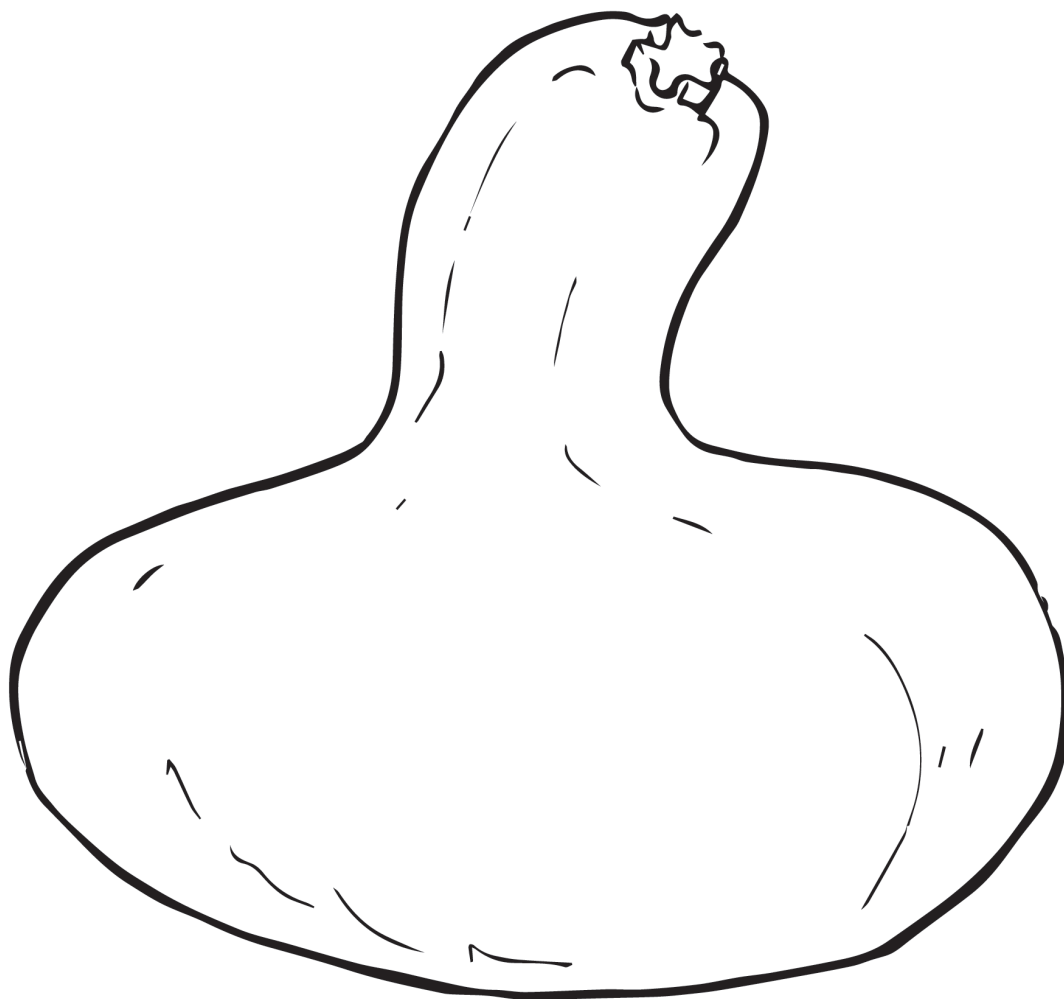
"Jean Jacques Dessalines was our Great General who became the First President of Haiti. He was like President George Washington in the United States."



"So Haiti won the war and we get to eat what Felix calls 'Freedom Soup'?" asked Sijis.



"It's called 'Freedom Soup' to celebrate being free from slavery. The Haitian people, who established this first free black nation, have had some to celebrate with every January 1st, since 1804," answered Mother.



"We call it 'Freedom Soup' but it is commonly known as 'Soup Jou Mou', named for the vegetable squash. Its yellow color is vibrant, happy and free," Mother continued.



"I will write the recipe so you can share it with your family, Sijis," Mother offered kindly. "Thank you!" Sijis answered. "My Papa and Ma will LOVE this - they always love new traditions."



FIN

SOUP JOU MOU

**Traditional Breakfast served on January 1st
(Haitian Independence Day)**

Put one pound of beef or boneless chicken (beef shin or braising meat) in a pot with a little cold water. Simmer over low heat until the meat is tender.

Set 1/2 pound of chopped carrots, celery, cabbage, and leeks (small pieces) into another pot.

Add 1/2 pound of chopped squash (or pumpkin) to the vegetable pot and season with salt, pepper, and your choice of herbs (suit to taste), 1 bouillon cube and cook the vegetables until tender.

Mill the vegetables and squash (or pumpkin), then add this puree to the meat pot (take care not to undercook the chicken if you choose this meat).

Mix up the vegetables and meat thoroughly and add some cooked vermicelli or macaroni for noodles.

Heat and serve. Bon Appetit!



