



**PEOPLE'S KITCHEN
COLLECTIVE**

FREE BREAKFAST PROGRAM

**HONORING THE LEGACY OF THE BLACK
PANTHER PARTY FOR SELF DEFENSE**

Life is Living Festival
Free Breakfast Cook-A-Long

**SATURDAY, OCTOBER 10, 2020
10-12PM PST**

BREAKFAST PROGRAMS

FREE BREAKFAST FOR CHILDREN ABOUT TO BE VAMPED ON

On Wednesday, July 9, the Illinois Chapter of the Black Panther Party opened a Free Breakfast for Children Center at the Jackson Christian Blvd. Church on Western and Jackson. 200 children were fed, and the number will increase daily. On Thursday a pig showed up among the people and told us that our program was interfering with a government program called Operation Push-up. He said that the children needed push-ups more than they needed a hot breakfast. How many push-ups can a hungry child do?

We told him that THE PEOPLE RUN IT, not the pigs

The Black Panther Party is about serving the needs of the people. Rather than having many bureaucratic commissions divorced from the people studying the hunger problem, the Party started breakfast programs all over the country. Hungry children are being fed because they need to be. The capitalist punks in power do nothing to stop the problem. They can't make a profit off of feeding hungry children.

A lying demagogic politician was sent over to negotiate with the Black Panther Party, but our cause is not negotiable. The children will be fed. We will see to it that whatever the people need, the people will get.

We are ready to see that each and every hungry child is fed. No bootlicking politician is going to have anything to say about it.

If you want the Breakfast for Children Program to continue through the summer--SUPPORT IT. Come on down, help us stop the pigs.
"We must stop the capitalist corporate structure from killing us, tearing us, dividing us, and ruling us...The time has come to fall the system. It only uses us to perpetuate itself. To serve the system is treason. Smash the State. POWER TO THE PEOPLE!"
Eldridge Cleaver
Minister of Information
Black Panther Party

Illinois Chapter
Black Panther Party



CHARLES BURSEY SERVING THE YOUTH

INDIANA BREAKFAST

The Breakfast Program got under way in Indiana (Indiana) after many setbacks from lying preachers and merchants. We are now in the third week and the response from the community, has been great, many mothers have turned out to help us serve and prepare food, and the children are always reluctant to see us leave.

This program got under way with the help of Bill Crawford (the Deputy Chairman's brother) who has really been a true worker and his concern for black people is genuine.

Brother Crawford (Bill) is a member of the Black Radical Action Project, one of four organizations we contacted about the program, and the only organization continuing their support. It's quite obvious that poverty money has hung these other hell-living tricks of the power structure in a bag of continuous exploitation of the people.

In addition to the Breakfast Program, a People's Garden has been planted and we hope to plant many more in the future.

ALL POWER TO THE PEOPLE
LONG LIVE THE MINISTER OF DEFENSE
Indiana Chapter

BOSTON BREAKFAST

The Breakfast Program of the Boston Chapter is a continuing success, with no thanks to the avaricious businessmen who refuse to feed the children of the community. Just to name a few: Little Archie Williams and the Freedom Food Monopoly, Archduke Nelson of the B & B (Black and Beautiful) - Bandit and Braggart!) Blat's Foodland, No-No Nep-o and the Frankfurt Freaks, New England Meat Packing Com-

ma, and the Metropolitan Opera House of Robbery. These businesses are obviously not working in the interest of the people, but are operating in the interest of profit-making. If the businesses cannot function in the interest of the people, then they must not function at all.

AL.I. POWER TO THE PEOPLE
INTENSIFY THE STRUGGLE
FREE HUZUY
Boston Chapter

PHILADELPHIA, PA., BREAKFAST

FREE BREAKFAST FOR CHILDREN PROGRAM - A PEOPLE'S PROGRAM!

Monday, July 7th, 1969, met a Free Breakfast for Children Program at 8:00 a.m. despite attempts by big business and petty pig churches to stop or ignore it. The kids number, totalling approximately 70 on this rainy beginning of a week, was welcomed by uniformed Panthers, at their service. They ate heartily, a beaming helping of grits, sausages, eggs, milk, and orange juice. A partial listing of businesses not helping this people's program will be included in the People's News Service, with mention of some very anti-community minded people closing their doors to the communities need in other words, churches.

HARBISON'S (exception 1st day) PENNBROOK ABBOTTE BOND BREAD

We ask you not to buy at these places, and not to buy these products. Show these arrogant businessmen, that get their profit from you -- the people, WHAT THE POWER OF THE PEOPLE can do to their profits.

On the other hand, Milk Maid, Tang, WDA'S radio, Hand's Restaurant, Jay's 5 & 10, Reo Discount Store, Seldier Shelly Shop, Yo De Yo Produce, Jarman & Sons, Dr. A. Klein & Burley Clark, SOG Department Store, have aided the people in this humanitarian, revolutionary endeavor! PEOPLE'S POWER!
Philadelphia Chapter
Black Panther Party

A partial listing of these avaricious businessmen are:

PROGRAM GUIDE

Land Acknowledgement & First Flavors
mak-'amham

Blessing
Marvin K. White

Calling in the Ancestors

Shopping List & Recipes

About Us

Resources

Gratitude



On Saturday October 10th 10AM-12PM PT, People's Kitchen Collective will be hosting a free Cook-A-Long online to celebrate the legacy of the Black Panther Party and their Survival Programs.

To register visit hopin.to/events/lifeisliving

Email eat@peopleskitchencollective.com with any questions.

LAND ACKNOWLEDGEMENT & TEA MAKING

MAK-‘AMHAM

Before we begin, we take a moment to recognize that Oakland sits on the land of xučyun (Huchun), the ancestral and unceded land of the Muwekma Ohlone Tribe, the successors of the historic and sovereign Verona Band of Alameda County. This land was and continues to be of great importance to the Ohlone people. We recognize that every member of this community has, and continues to benefit from the use and occupation of this land; Consistent with values of community and diversity, we have a responsibility to acknowledge and make visible the Native peoples, both of the past and of the present, that have always lived in the East Bay.

We are honored to include one of the first flavors of this land in this meal. Tawwa + mamakwa tawwa-sii, nettle + rose tea in Chochenyo, is generously provided by Vincent Medina and Louis Trevino from Ohlone food sovereignty project makamham.com



BRINGING IN THE ANCESTORS

It is one of our traditions at People’s Kitchen Collective to create an altar with our ancestors for every event. We include photographs of activists, chosen and blood family who have passed, as well as ingredients from our meal to honor our plant ancestors. Think about who you would like to honor with this meal. We invite you to create a sacred space for this meal that may include family members, activists who served our people, or community members taken by racism and state violence. Light a candle for lives gone and for the legacies that live on.

SHOPPING LIST

PRODUCE

4 Bunches any combination of
Collard Greens, Beet Greens,
Turnip Greens, Mustard Greens

2 Yellow Onions

Bulb of Garlic

2 Medium Sweet Potatoes

1 Carrot

2 Cups Vegetable Broth

2 Inches Ginger

1 Pint Cherry Tomatoes

1 Bunch Cilantro

1 Lime

DRY GOODS

6 Ounces (1 cup) Anson Mills
Medium White Quick Grits •
included in bag

Sea Salt

Black Pepper

PKC Flavor Crystals • **included
in bag**

Tamari

Olive Oil

Apple Cider Vinegar

All Purpose Flour

DAIRY

2 Sticks Unsalted Butter

1/3 Cup Plain Yogurt

PROTEIN

14-15 oz Firm Tofu - Hodo
Soy Firm Tofu • **included in
bag**

Whole Wheat Flour

Light Brown Sugar

Baking Powder

Baking Soda

Nettle + Rose Tea • **included
in bag**

Red Bay Coffee • **included in
bag**

THE PEOPLE'S GRITS



Corn grits are a dish originated by Indigenous peoples and embraced by the Deep South. For the Panther's Free Breakfast Program, hot grits met the need to feed hundreds of kids affordably and honor the family food traditions of the Black children being served. Make these grits with this important history in mind.

Note: overnight soaking recommended.



INGREDIENTS

- 1 cup Anson Mills Medium White Quick Grits (recipe from ansonmills.com)*
- Salt
- 2 to 3 tablespoons unsalted butter
- ½ teaspoon black pepper

METHOD

Place the grits in a medium heavy-bottomed saucepan and cover them with 3 cups of water. Stir once. Allow the grits to settle a full minute, tilt the pan, and skim off and discard the chaff and hulls with a fine tea strainer. Cover and let the grits soak overnight at room temperature. If you are not soaking the grits, add an additional $\frac{1}{4}$ cup of water and proceed to the next step. Soaking overnight is highly recommended.

Set the saucepan over medium heat and bring the mixture to a simmer, stirring constantly with a wooden spoon, until the first starch takes hold, about 5 minutes. Reduce the heat to low and cook, stirring frequently, until the grits are creamy and fully tender and hold their shape on a spoon, about 15 minutes if the grits were soaked or about 30 minutes if they weren't. Season with 1 teaspoon of salt and stir in the butter with vigorous strokes. Add more salt, if desired, and the black pepper. *If using instant grits, follow the directions on the package instead.

Serve hot and full of power to the people!

BY ANY GREENS NECESSARY

Recipe from PKC co-founder Jocelyn Jackson: Begin with the intentions to love and nourish. As you collect your ingredients and prepare the food, think of all the ways your pot of greens will celebrate and support your family and your community. Each time we spend time at the hearth, we have the opportunity to transform our relationship to place and people. When I watched my Grandma make greens, the steam from the pot rising up into her face as she tasted for doneness, she taught me that lesson.

Make your way to your own garden or a neighbor's garden or a community garden and harvest a handful of collard greens. Then visit the farmer's market or go over to your favorite local farmer's stand and purchase three bunches of their freshly picked collard greens. All of this care will make its way into the pot with your collard greens.



INGREDIENTS

- 4 bunches of collard greens (add in beet or turnip tops, kale, or mustard greens if you'd like)
- 2 tablespoons olive oil
- 1 medium yellow onion, chopped
- 3 garlic cloves, chopped
- 1 carrot, chopped
- 2 cups vegetable broth
- Salt and pepper to taste
- 3 tablespoons apple cider vinegar

METHOD

As my Aunty says, "clean them greens to your own satisfaction" by removing the large center stems and washing them in a bath of salt water or vinegar water. Stack 4 to 6 greens on top of one another, roll together and slice into half inch ribbons. Set aside. Put two tablespoons of olive oil in a heated deep cast iron pot.

Add chopped yellow onion to the pot. Salt slightly to help the onions release their moisture. Saute on medium heat until translucent, stirring occasionally. Add garlic and keep stirring. Cook over medium heat for 3 more minutes. Add chopped carrot and the sliced greens to the pot.

Pour vegetable broth over the greens. Add salt and pepper. Don't stir. Place a tight lid over the pot and let steam over low heat for 20 minutes. Lift the lid and stir. Add additional broth if your potlikker is low. Replace the lid and cook for an additional 20 minutes. Lift the lid, add 3 tablespoons of apple cider vinegar and salt to taste. Stir and replace lid for another 15 minutes or until greens are delicious and tender.

When my big family gathered around to eat Grandma's delicious pot of greens that tasted so much like home, we always sung a blessing. A song of gratitude. Go ahead and serve the collard greens right from the pot. Serve them with the intention that all who are nourished by this offering will have even more strength to love and cultivate their community. And don't forget to drink down a jigger full of that potlikker too.



METHOD

Preheat the oven to 350 degrees. In a bowl, take the brick of tofu and crumble it into small, consistent pieces with your hands.

In a sauté pan over medium heat add the olive oil. Let it heat for two minutes before adding the diced onion, minced garlic and ginger. Add a dash of salt to allow the onion to sweat slightly. Cook, stirring occasionally, until onion is translucent. Sprinkle in 2 teaspoons of PKC Flavor Crystals and mix to combine and heat through. Turn off the heat and let sit.

In between stirring, slice the cherry tomatoes in half and place on a sheet pan lined with parchment paper. Toss with a dash of olive oil and a sprinkle of salt. Place in oven and roast until blistered.

Once the onions are slightly cooled, add to the tofu in the bowl. Combine gently with a wooden spoon or mix it all together with your hands. Play some Marvin Gaye to set the mood. Add the rest of the PKC Flavor Crystals and salt and mix together until spread evenly throughout the tofu. Taste a small amount. If you'd like to add additional Flavor Crystals, tamari, or salt, please do. Just remember that the flavor won't fully combine until after it's heated.

Transfer tofu to an oiled pan and cover with aluminum foil. Place in the oven for 30 minutes. Remove from the oven, stir gently, and taste before serving. Garnish the tofu with the roasted tomatoes, a squeeze of lime, chopped cilantro.

Serve with love!



SWEETHEART SWEET POTATO BISCUITS

A few years back co-founder Jocelyn Jackson added this recipe to the PKC Free Breakfast menu that honors the Panthers serving a “delicious and nutritious” breakfast to youngins before school. Over the years, hundreds of PKC volunteers have cooked for thousands of people to bring this legacy to life. We are so grateful to each community cook past and present -- especially the ones on the 5am biscuit shift. Double or triple this recipe to share with your family and neighbors and begin your own revolutionary legacy of mutual aid.



INGREDIENTS

1 ½ cups all-purpose flour,
plus more for kneading and
shaping

¼ cup whole wheat flour

2 tablespoons light-brown
sugar

2 ½ teaspoons baking
powder

1 teaspoon salt

½ teaspoon baking soda

1/3 cup yogurt

6 tablespoons cold unsalted
butter, cut into pieces, ¾
cup sweet potato puree,
chilled (Roast the sweet
potato, do not boil. After
roasting let cool, remove
skin, and drain off any liquid
before making puree.)

METHOD

Preheat oven to 425 degrees, with rack on the lower shelf. In a large bowl, whisk together flour, sugar, baking powder, salt, and baking soda. With a pastry blender or 2 knives, cut in butter until mixture resembles coarse meal, with some pea-sized lumps of butter remaining. In another bowl, whisk together sweet potato puree and yogurt; stir into flour mixture until combined (do not overmix).

Turn out dough onto a lightly floured surface, and knead very gently until dough comes together but is still slightly lumpy, 5 or 6 times. If dough is too sticky, work in up to $\frac{1}{4}$ cup additional flour. Shape into a disk, and pat to an even 1-inch thickness. With a floured heart-shaped one and a half inch biscuit cutter, cut out biscuits as close together as possible. Gather together scraps with a little more fresh dough, and repeat to cut out remaining biscuits.

Place parchment paper on the sheet pan and place biscuits on parchment. Brush biscuits with melted butter if you like. Bake until golden, rotating once, 12 to 15 minutes. Unbaked dough can also be shaped and frozen. Bake from frozen, increasing baking time by a few minutes.



ABOUT US

Since 2008, Youth Speaks has hosted the Life is Living festival at Little Bobby Hutton / DeFremery Park in West Oakland. As part of the celebration, People's Kitchen Collective (PKC) provides a "delicious and nutritious" FREE BREAKFAST for hundreds of people that honors the legacy of the Black Panther Party for Self Defense and their Survival Programs.

This year, due to the pandemic and the air quality, PKC is distributing bags filled with resources and ingredients instead of creating an in-person gathering. 400 Beloved Community Bags will be distributed to curbside communities in West and East Oakland in partnership with East Oakland Collective. 200 Cook-A-Long Bags will be distributed to people joining the online Free Breakfast Cook-A-Long.

Thank you for joining us and continuing to support the many mutual aid organizations and projects inspired by the work of the Panthers.

To learn more about the history of the Panthers visit

<https://peopleskitchencollective.com/panthers>

PEOPLE'S KITCHEN COLLECTIVE

Based in Oakland, we create political education through art, activism, and food. Our mission is to feed the mind, nourish the soul, and fuel a movement.

peopleskitchencollective.com

LIFE IS LIVING

This festival has been Keeping Oakland, Oakland for the last 13 years, holding sacred space in the vein of resistance, art, love, honoring Black and Brown Lives, and being a catalyst for larger discussions around environmental racism, social ecology and social responsibility.

Powered by **youthspeaks.org**

PREPARATION

If you are joining us for the virtual Free Breakfast Cook-A-Long on Saturday, October 10th from 10-12pm PST, please prepare the following items before we begin. Thank you!

1. Completely prepare your collards and grits before 10AM PST on Saturday.
2. We will start by making nettle rose tea.
3. Have all of your ingredients cooked and equipment prepared for the tofu scramble including tofu crumbled, tomatoes roasted, and onions sautéed. We will combine the scramble together and place it in the oven to bake right after we make the tea.
4. Have all of your ingredients and equipment prepared and measured for the biscuits. We will combine the biscuit ingredients, shape, cut, and bake them during the cook-a-long.

If you have any questions about the recipes before Saturday, please contact us at eat@peopleskitchencollective.com

DID YOU KNOW THAT THE PANTHER'S FREE BREAKFAST PROGRAM...

- Served over 20,000 children in 23 local affiliates and 19 cities across the US between '69-'70.
- Pressured Congress to authorize the expansion of free meals for children to all public schools in 1975.
- Was called "the greatest threat to the internal security of the country" by former FBI Director J. Edgar Hoover.

If you ever received a free meal in school, it is because of the tireless organizing and radical vision of the Panthers.

GRATITUDE

Alameda Food Bank
Berkeley Bowl
Bi-Rite
Black Cultural Zone
California Waste Solutions
Community Foods Market
DeFremery Recreation Center & Valorie Winn
Diaspora Co
Eastlake United for Justice
East Oakland Collective
Emory Douglas
Fox Nakai
Front Porch Farm
Grocery Outlet
Hodo Foods
Huey P. Newton Foundation
It's About Time
La Pelanga DJ Collective
Lunaria Flower Farm
mak-'amham
Mandela Grocery Cooperative
Marvin K. White
Marcus Books
Masumoto Family Farm
Monterey Market
Oaktown Spice Shop
Piedmont Grocery
Rainbow Grocery Cooperative
Red Bay Coffee
SamaSama Cooperative
Second Generation Seeds
Shao Shan Farm
Smart Foodservice
Oakland Public Library | West Oakland Branch
Whole Foods Market
Women of the Black Panther Party Mural
Youth Speaks
PKC Volunteer Crew past, present, and future

