



**Have a Fair-Trade Thanksgiving
with**

JUST DESSERTS

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Just Desserts is designed for family and friends to use at Thanksgiving in order to share an experience that explores our food and where it comes from. The 15- to 20-minute program outlined in this booklet includes recipes, readings, and reflections. Some or all of the sections can be used. The symbol ☉ signifies a section to be read or discussed aloud as a group.

We suggest that you engage in this activity after your Thanksgiving meal, over hot coffee or tea and some sumptuous fairly traded desserts. The dessert recipes included in this booklet, to be reviewed and prepared in advance of the Thanksgiving meal, include fairly traded, small-farmer products that congregations may order through the UUSC Coffee Project. Participants can take turns reading passages and eating; this will help make the readings more meaningful.

We hope you will enjoy sharing an experience that focuses on building a more just system of trade and connecting to those who contribute to the tasty treats we enjoy over the holidays.

Recipes

Fair-Trade Mocha Pecan Pie

Crust

- 1¼ cups flour
- ½ teaspoon salt
- ½ cup shortening
- 3 tablespoons cold water

Sift flour and salt into a bowl. Using a pastry blender, cut in two-thirds of the shortening until the mixture resembles very fine crumbs. Cut in the remaining shortening coarsely. Do not overwork. Sprinkle with cold water and stir with a fork until it clumps together, adding more water if necessary. Squeeze into a ball, then roll out on a floured board. Transfer to a nine-inch pie plate.



Filling

- 3 large eggs
- ½ cup packed brown sugar
- ¼ cup maple syrup
- ½ cup dark corn syrup
- 2 tablespoons unsalted butter, melted
- 5 ounces (1½ cups) coarsely chopped pecans
- ⅓ cup **Equal Exchange Panama Extra Dark Chocolate** (a little less than half of a 3.5-ounce bar), broken into pieces
- 2 tablespoons strong-brewed **Equal Exchange coffee**

Preheat oven to 400°F. Blend the eggs, sugar, and syrups together. Mix in the butter melted with chocolate, then the pecans. Pour filling into unbaked crust. Bake for 40 minutes or until filling is slightly puffed and set. Cool on a rack.

Pumpkin Chocolate Muffins

Organic ingredients make these muffins even tastier! This recipe works especially well in tiny muffin pans.

- 1⅔ cups flour
- 1 cup granulated sugar
- ¼ cup brown sugar
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- ½ teaspoon salt
- 1 can of pumpkin
- 2 eggs
- ½ cup butter, melted
- 1 **Equal Exchange Organic Dark Chocolate Ecuador Bar**, chopped into small pieces



Preheat oven to 350°F. Grease muffin pan(s) or use paper muffin liners. Mix flour, sugars, baking soda, baking powder, and salt in a large bowl. In another bowl, break eggs and add pumpkin and butter. Stir rapidly until well blended. Stir in chocolate. Pour over dry ingredients and fold in. Do not overmix. Scoop into pan and bake 20–25 minutes. Muffins should still seem a little underdone when removed from the oven; test with a toothpick.

“Fair trade gives us security and helps us maintain ourselves during the winter...We are able to maintain our families and have job security. It allows cooperative members to have land to grow food on. With our sales to Equal Exchange we maintain our coffee farms and our families, too. Now we have started buying notebooks and pencils for our schoolchildren... People from other communities send their children to school here; our school benefits the whole area.”

—**Jorge Garcia Rojas**, president of the Oversight Committee of El Pinal, a small farmer cooperative of APECAFE, El Salvador

Delightful Cranberry-Date Cookies

- ½ cup (one stick) butter, at room temperature
- ½ cup packed brown sugar
- ¼ cup white sugar
- 1 egg
- 1 tablespoon brewed **Equal Exchange coffee**, any variety
- ½ teaspoon alcohol-free vanilla extract or vanilla flavor (optional)
- 1 cup all-purpose flour
- ½ teaspoon baking powder
- ½ teaspoon salt
- 1 cup rolled oats
- 1 bar **Equal Exchange Organic Very Dark Chocolate**, chopped into chunks
- ½ cup **Equal Exchange Organic Dried Sweetened Cranberries**
- ¾ cup chopped pecans
- ½ cup dried dates, chopped



Preheat the oven to 350°F. Lightly butter two baking sheets. Cream together the butter and both sugars in a large bowl until smooth and light. Add the eggs, coffee, and vanilla, if using.

In a small bowl, mix together the flour, baking powder, and salt. Add the flour mixture to the wet ingredients. Then, stir in oats, chocolate chunks, pecans, dates, and cranberries. Drop rounded tablespoonfuls of dough, two inches apart, on the prepared baking sheets. Flatten each one slightly with the back of a spoon. Bake the cookies until lightly browned, 10–12 minutes. (Makes about three dozen.)

Find more delicious recipes using Equal Exchange's products at www.equalexchange.coop/recipes.

Beverages

Enjoy these fairly traded beverages to accompany your just desserts.

Tea-licious Latte

- 3 tea bags of your favorite **Equal Exchange Organic Tea** such as **Organic Ceylon Chai** or **Organic Rooibos**
- 1 cup whole milk
- Sugar or honey (optional)

Brew tea using three bags instead of one in a mug. If you wish to sweeten, add desired amount of sugar or honey.

Heat and stir whole milk on stove top until foam develops; make sure not to boil. Take tea bags out of the mug when ready. Do not leave in too long or it will taste bitter. Pour into a large cup.

Pour milk into a French press. Set cover in place, hold down, and carefully pump up and down to froth the milk. Pour frothed milk into the large cup with tea and stir a bit. Top with a dollop of foam.



Coffee



Suggested varieties: **Organic Mind, Body & Soul**, **Organic Decaf Drip**, **Organic Ethiopian Drip**

For tips on brewing, see www.equalexchange.coop/brewing-tips.

Hot Chocolate

Try **Equal Exchange's Organic Drinking Chocolate** or **Organic Spicy Hot Cocoa Mix!**

★ Why Fair Trade?

What we purchase in the supermarket has a direct and meaningful impact on the quality of farmers' lives and the communities in which they live. The choices we make about everyday items such as chocolate and coffee matter to people thousands of miles away — and in a variety of ways.

Many small-scale farmers have trouble making a living, whether here in the United States or around the globe. When farmers work on a small plot of land and are not part of a cooperative, they don't get paid much for their crops, they lack transportation to bring their crops to a market, and they don't have enough money to plant new crops for the next year. When farmers can't earn enough money, their families go hungry and parents can't afford to send their kids to school or bring them to the doctor when they're sick.

Yet because farmers grow our food, they are extremely important to us. Farmers who work hard to grow our food should be able to feed their own children. We care about the lives of the people who feed us, whether they live nearby or across oceans. We have a responsibility to treat them fairly.

Learn more about fair trade at www.uusc.org/fairtrade and www.equalexchange.coop/what-is-fair-trade.

★ Why Small Farmer Co-ops?

Small farmer cooperatives are groups of farmers who own small plots of land and work together to make democratic decisions together. Joining together with others in a cooperative is a way for small farmers to have more power and control over their lives and to have a larger collective voice. Farmer cooperatives are at the heart of a just system of trade.

The relationship between small farmer cooperatives — many of which are rooted in indigenous communities — and Equal Exchange includes long-term, direct relationships with small farmer co-ops; paying a social premium for things like education, health care, and infrastructure; and working with farmers to figure out a fair and just price for their products.

★ Story of a Small Farmer: Doña Lucia Banol

Doña Lucia Banol (pictured) is an example of a woman who has been impacted by being part of the small-scale farmer cooperative ASPROCAFE in Colombia. Below, Phyllis Robinson, education and campaigns manager of Equal Exchange, shares Banol's story.



Doña Lucia is a single mother who raised five children on her own under very difficult circumstances. Today she lives by herself on her tiny plot of land; her children are all in town studying. Originally from the city, she couldn't find any way to support herself and her family. So, she moved to Riosucio and soon heard about the cooperative. "I didn't know anything about farming. I'd never grown anything before; I didn't even know how to grow a tomato," she told me, laughing.

It was hard to believe this, looking around at her farm — just half an acre but teeming with coffee bushes, fruit trees, vegetables, herbs, and medicinal plants. "I owe everything to ASPROCAFE," she repeated over and over. "They saved my life. They trained me; they gave me seeds, loans to get started."

She got teary-eyed as she told me of her struggles to feed her family. "We moved here and were living in a shack...But I sold my coffee to the co-op and after awhile I had earned enough to fix up the house."

After six months, Doña Lucia had enough money to repay her loan to the co-op's women's program and buy more animals and another small plot of a neighbor's abandoned coffee farm. "I'm also growing sugar cane, beans, and corn. Now I never have to go into town! I grow everything I need right here on my own farm. Cooking oil and salt are the only things I need to buy." I was deeply moved — and sincerely impressed.

Everything she grew was organic, and I was curious to know why. She lifted her hands and held them out to me. "You see my hands? They're covered in dirt. But they're no longer burnt from the chemicals. And my land? It's time to give back to the earth a part of what I take from the earth."

★ Reflection

Let's take a moment to reflect on fair trade from a spiritual perspective.

Fair trade is a way of doing business that ultimately aims to keep small farmers and producers an active part of the world marketplace and to empower consumers to make purchases that support their values. **How are fair-trade principles reflected in the seven Unitarian Universalist principles?**

★ Family Activity: Sharing Our Stories

The food we eat connects us with the people who farm and grow it, as well as their families. The food you are eating now connects us to farmers like Doña Lucia. Let's each choose one or two and go around the room and share stories.

- ❖ Have you ever visited or lived on a farm? What was most meaningful to you about your experience?
- ❖ What are your favorite desserts? Where do the ingredients come from?
- ❖ Have you ever traveled to one of the countries where products found in today's desserts were grown? Did you visit people in their homes?
Coffee: Colombia, Nicaragua, Mexico, Peru
Chocolate: Dominican Republic, Peru, Panama, Ecuador
Tea: India, Sri Lanka
- ❖ Do you have a special story of a family member or loved one who worked with others to accomplish something good for their community?

★ Thanksgiving Meditation

We Give Thanks This Day

For the expanding grandeur of Creation, worlds known and unknown, galaxies beyond galaxies, filling us with awe and challenging our imaginations:

We give thanks this day.

For this fragile planet earth, its time and tides, its sunsets and seasons:

We give thanks this day.

For the joy of human life, its wonders and surprises, its hopes and achievements:

We give thanks this day.

For our human community, our common past and future hope, our oneness transcending all separation, our capacity to work for peace and justice in the midst of hostility and oppression:

We give thanks this day.

For high hopes and noble causes, for faith without fanaticism, for understanding of views not shared:

We give thanks this day.

For all who have labored and suffered for a fairer world; who have lived so that others might live in dignity and freedom:

We give thanks this day.

For human liberty and sacred rites; for opportunities to change and grow, to affirm and choose:

We give thanks this day. We pray that we may live not by our fears but by our hopes, not by our words but by our deeds.

—O. Eugene Pickett

How to Participate in the UUSC Coffee Project

Linking UUs with small farmers and their families through fair trade

The UUSC Coffee Project is a way for your youth group, social-action committee, or congregation to learn about fair trade and express your values through informed consumer choices. There are many ways your community can become involved.

You can do one or all of the following:

- Order Equal Exchange coffee for your coffee hour.
- Purchase Equal Exchange treats in bulk to sell during community and congregation events to raise funds for your group.
- Promote fair trade in your congregation.

As your congregation enjoys delicious fairly traded products, members and visitors alike can take time to learn more about the people who produce these foods.

Buy fair-trade goods from Equal Exchange!

Product list and order form:

interfaith@equalexchange.coop or 774-776-7366

To order: interfaith.equalexchange.com or 774-776-7366

Learn more at www.uusc.org/coffeeproject.

THE UUSC COFFEE PROJECT

Through a long-standing collaboration between UUSC and Equal Exchange, we support people helping to secure the human rights and dignity of those made most vulnerable in trade relationships.

Equal Exchange is a 100 percent fair-trade worker-owned cooperative that partners with small farmer cooperatives to offer fairly traded coffee, chocolate, tea, and snacks. UUSC's Economic Justice Program supports and strengthens the movement for workers' rights in the United States and overseas by partnering with grassroots groups that are developing innovative strategies to improve wages and working conditions for workers, farmers, traders, and their families.

For every pound purchased through the UUSC Coffee Project, 20 cents goes to UUSC to support another small farmer project. Last year, \$18,000 was generated. When you eat your dessert, you are taking part in building a system of trade based on principles of cooperation and justice.



Small
Farmers
Big Change

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