

Kurdish Meaningful Foods

Beans/Legumes	Black-eyed peas (dry), Brown Beans (dry), Chickpea/ Garbanzo Beans (dry), Kidney Beans (dry), lentils (dry)
Grains	Barley, Bulgur, Couscous, Rice, Semolina, Smeed, Wheat
Meats/Proteins	Halal Beef, Halal Chicken, Halal Goat, Halal Lamb
Dairy	Butter, Cheddar, Cheese Sticks, Cream Cheese, Greek Yogurt, Laughing Cow Cheese, Mozzarella, Queso Fresco, Ricotta, Skim Milk, Whipping Cream, Whole Milk, Yogurt
Produce	Broccoli, Cabbage, Carrots, Cauliflower, Celery, Color pepper, Cucumber, Eggplant, Fresh Garlic, Grape Leaves, Green Beans, Green pepper, Lettuce, Mushrooms, Okra, Onion, Potato, Spaghetti Squash, Squash, Tomato, Zucchini, Apple, Banana, Berries, Blackberries, Blueberry, Cherries, Dates, Fresh figs, Kiwi, Melon, Orange, Peach, Pineapple, Plum, Strawberries, Tangerines, Watermelon
Oils/Flour	All Purpose Flour, Almond Flour, Bread Flour, Brown Sugar, Canola Oil, Coconut Flour, Coconut Oil, Corn Flour, Crystal Sugar, Chocolate Chips, Olive Oil, Stevia, Vegetable Oil,
Beverages	Apple Juice, Black Tea, Coffee, Coffee Creamer, Coke, Energy Drink, Nescafe Orange Juice, Pepsi, Tea
Bakery/ Snacks	Buns, Rolls, Flatbread, Naan, Samoon, Ali Baba Biscuits, Baklava, Cheese Pies, Chips, Cinnamon Rolls, Fruit Bars, Kinder cookies, Kulich, Nuts, Oreos, Ritz Crackers
Condiments	Ketchup, Mayo, Mustard, Ranch, Relish, Salad Dressing, Steak Sauce
Spices	Black Pepper, Byriani Spice, Cardamom, Chili Powder, Cinnamon, Clove, Cumin Curry Powder, Dried Garlic, Dried Mint, Iraqi mixed spices, Maggi Cubes, Paprika

Culturally Relevant Food Lists

Culture:

In the Kurdish community, most foods are eaten fresh and prepared at home. Canned or frozen foods are uncommon. Therefore, many Kurdish pantry users will not use canned food items.

In general, most food is made fresh (for instance, homemade salad dressing or spaghetti sauce). Pre-packaged meals like mac and cheese or canned soups are not usually used by the older generation, however, the younger generation is more accustomed to American food items and fast food.

Cooking is often done by women in Kurdistan. Both men and women go grocery shopping. It is more common for both men and women to have jobs outside the house.

The Kurdish community is predominantly Muslim. This means that most prefer and need to eat Halal meat such as goat, chicken, or beef. The Kurdish also do not eat any products containing Pork. Please refer to our Halal guide for more specifics.

History:

The Kurds are one of the world's largest peoples without a state, making up sizable minorities in Iran, Iraq, Syria, and Turkey. Their century-old fight for rights, autonomy, and even an independent Kurdistan has been marked by marginalization and persecution. They have two major dialects, Kurmanji and Sorani. The Kurdish community was resettled in the United States mostly in the 1970s, then again in 1991 and 1996. After 2003 there was another wave of Kurdish coming into the United States. The Kurdish in North Dakota/ Clay County Minnesota is predominantly from Iraq, however, they also are from Iran, Turkey, and Syria.

Holidays:

The Kurdish have some holidays that follow religious dietary restrictions. The majority of Kurdish immigrants to North Dakota and Clay County Minnesota follow Islam. Due to this, pork is never eaten in keeping with Islamic law and all meat must be halal.

Eid al-Fitr and Ramadan: During the month of Ramadan (), Muslim Kurds will fast from sunrise to sunset. Many traditional foods are prepared for the pre-dawn and evening meals, including staples such as (lentils, rice, couscous, and bulgur, chickpeas, tomato paste) Eid al Fitr on (date) marks the breaking of the fast and is commonly celebrated with Zalabiyeh, dates, and loose tea.

Newroz: The Kurdish celebrates Newroz as their New Year's Day on March 20th, Newroz coincides with the Spring Equinox and is a festival celebrating the beginning of spring. Over the years, Newroz has come to represent new beginnings, having hope, as well as success and victory. For these reasons, Newroz is considered to be the most important and largest festival in Kurdish culture. Picnics with family and neighbors are very popular for Newroz.

Local organizations:

Kurdish American Development Organization (KADO)- KADO helps individuals in North Dakota and Minnesota apply for assistance, find work, apply for school, and host community events and is a great resource for the New American and Immigrant communities. Specifically the Kurdish community.

Their office is located in Moorhead, MN, 701-212-0844